




800 W Waco Dr.
Waco TX 76701
254-772-8270

***RSVP REQUIRED Please call 254-772-8270 to sign up at least one day in advance!**

Evening and Saturday classes have a meal provided, **but do not** provide childcare.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10-11:30- Infant Development Holly 1:00-2:30 Raising Emotionally Healthy Children Danielle
4 10-11:30- Story Time Holly 1-2:30 – Fetal Development Briana	5 <u>Spiritual</u> 9-10:30 - Estudio Biblico en Espanol 10:45-12:00 English Bible Study 6:00- 7:30 - Dr. Seuss Story Time	6 10-1:00- CPR Herma *Must RSVP. Childcare and a meal are provided	7 10-11:30 - Breastfeeding Basics Mellissa	8 10-1:00 – Childbirth Leigh *Must RSVP. Childcare and a meal are provided
11 10-11:30 – Bringing Baby Home Brittany 1- 2:30 – Safety Starts at Home Brittany	12 <u>Spiritual</u> 9-10:30 - Estudio Biblico en Espanol 10:45-12:00 English Bible Study	13 10-11:30 – Newborn Care and Maternal Wellness Ashley	14 10-11:30 – Car Seat Safety Megan	15 10-11:30 – Positive Discipline Danielle
18 10-11:30 – Story Time Holly 1- 2:30 – Food for Growth Brianna 5:30-6:30 Prenatal Care 1818 Columbus Ave	19 <u>Spiritual</u> 9-10:30 - Estudio Biblico en Espanol 10:45-12:00 English Bible Study 6-9:00 – B.A.M. *Must RSVP. A meal is provided. Childcare is not provided	20 10-11:30 SIDS/ Shaken Baby Syndrome Ashton 6-7:30 – Evening Story Time	21 10–11:30 - What is a Postpartum Doula? Mary Zane 6-9:00 – B.A.M. *Must RSVP. A meal is provided. Childcare is not provided	22 10-11:30 – Overcoming Breastfeeding Struggles Stephanie 1-3:00 – Born Learn Series: Part 1 *Must RSVP. Childcare is provided
25 10:30-11:30- Muscles and Meditation Pre/Post Natal Exercise Erica	26 <u>Spiritual</u> 9-10:30 - Estudio Biblico en Espanol 10:45-12:00 English Bible Study	27 10-11:30 – Pregnancy Nutrition Emily	28 10-11:30- Illnesses and Immunizations Daisy 1-2:30 – Interviewing Skills Teresa	29 10-11:30 – Speech and Language Skills Baylor Speech and Language 1-3:00 – Born Learn Series: Part 2 *Must RSVP. Childcare is provided

Mommas on the Move Class Snapshot

Core Class Requirements	Date – Class
Pregnancy Class	3/27 Pregnancy Nutrition 3/18 Prenatal Care
Fetal Development	3/4 Fetal Development
Post-Partum Mom	3/7 What is a Postpartum Doula?
Breastfeeding	3/7 Breastfeeding 3/22 Overcoming Breastfeeding Struggles
CPR	3/6 CPR
Infant Development	3/1 Infant Development 3/22 & 3/29 Born Learning 3/29 Speech and Language Skills
Money/Employment	3/28 Interviewing Skills
Car Seat Safety	3/14 Car Seat Safety
Childbirth	3/8 Childbirth
Parenting/Discipline	3/1 Raising Emotionally Healthy Children 3/8 Positive Discipline
Child/Family Nutrition	3/18 Food for Growth
Safety Starts at Home	3/11 Safety Starts at Home
Bringing Baby Home	3/11 Bringing Baby Home 3/ 13 Newborn Care and Maternal Wellness
Illnesses & Immunizations	3/28 Illnesses & immunizations
SIDS & Shaken Baby Syndrome	3/20 SIDS & Shaken Baby Syndrome