



What to Expect Pregnancy and Parenting Workshop Series

Expecting parents and parents of infants and toddlers within the Buffalo Public Schools community, please join us for interactive courses that provide strategies promoting health and wellness, practical advice on pregnancy and realistic approaches for parent readiness. Also, generalized care of your infant and toddler along with the importance of early education and literacy.

11:00 am @ Lafayette Parent Center

Parenting Awareness and Support Courses

What to Expect When You're Expecting

For: Parents who are expecting or planning a pregnancy

Session 1 - Thursday, March 21, 2019

The Healthy Pregnancy
Focus: Health & Wellness

Session 2 – Thursday, March 28, 2019

Nine Months and Counting
Focus: Development and Changes from Conception to Delivery

Session 3 – Thursday, April 4, 2019

Expectations and Post-Partum Survival
Focus: Hospital Prep, Delivery

What to Expect The First Year

For: Parents with infants ages
Birth – 12 Months

Session 1 – Thursday, May 2, 2019

Baby Basics

Focus: Baby Basics and Necessities

Session 2 – Thursday, May 30 2019

The First 12 Months

Focus: 1st Year Basics and Milestones

Session 3 – Thursday, June 6, 2019

The Healthy Baby

Focus: Health and Wellness, First Aid

What to Expect The Second Year

For: Parents with toddlers ages
12-24 months

Session 1 – Thursday, May 16, 2019

Your Toddler from Head to Toe
Focus: 2nd Year Basics and Milestones

Session 2 – Thursday, May 30 2019

Your Toddler on the Go
Focus: Developmental Habits and Social Growth

Session 3 – Thursday, June 6, 2019

Keeping Your Toddler Healthy
Focus: Health and Wellness, First Aid

**ENROLL
ENGAGE
ACHIEVE**

Each Course Series Includes:

- A copy of the book title for each series attended
- Health and wellness gifts for your newborn/toddler
- Lunch provided for sessions held during school hours

*Additional incentive given for attendance of all 3 sessions in a series



For more information or to pre-register please contact:

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