



# January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Parenting Class •10:00am Nutrition Class •12:00pm	7	8 Parenting Class •2:00pm Bumpology 101 •4:00pm	9	10	11 Parenting Class •9:30am Strong Fathers •11:00am
12	13 Parenting Class •10:00am Nutrition Class •12:00pm	14	15 Parenting Class •2:00pm Bumpology 101 •4:00pm	16	17	18
19	20 Parenting Class •10:00am Nutrition Class •12:00pm	21	22 Parenting Class •2:00pm Bumpology 101 •4:00pm	23	24	25 10:00-10:45 Move it Mommy
26	27 Parenting Class •10:00am Nutrition Class •12:00pm	28	29 Parenting Class •2:00pm Bumpology 101 •4:00pm	30	31	

CLASS TOPICS
<b>1/6</b> Parenting- Resolutions Nutrition- Grocery Budget
<b>1/8</b> Parenting- Resolutions Nutrition- Bumpology Wk 8
<b>1/11</b> Parenting- Resolutions Strong Fathers-Communication
<b>1/13</b> Parenting- Manners/Conversation Nutrition-Healthy in Winter
<b>1/15</b> Parenting- Manners/Conversation Bumpology Wk 9--Sleeping/Crying
<b>1/20</b> Parenting- Parenting Traps Nutrition--All About Iron
<b>1/22</b> Parenting- Parenting Traps Bumpology Wk 10-Playing & Bonding
<b>1/25</b> Parenting- Move It Mommy
<b>1/27</b> Parenting-Setting Limits Nutrition-Healthy Toddler Snacks
<b>1/29</b> Parenting-Setting Limits Bumpology Wk 11- Dev. Milestones

## NOTES

### Women's Care Center

1212 N. LaSalle Dr. • Chicago, IL 60610 Second Floor (312) 381-8180  
 Mon, Tues, Thurs, Fri. 8 am – 5 pm; Wed. 8 am – 7 pm Sat. 9 am – 1 pm  
 Shop our Crib Club Store!  
 Open after all classes or by appointment.

Class topics are subject to change. Mother and Father of the baby are welcomed to attend one “regular” class per week and as many “special” classes (if offered – i.e. Bumpology, Nutrition) as they like/qualify for as many weeks as they like. Each parent earns diapers and a Crib Club Coupon for each class they attend. Support persons who are not parents of a child under the age of 5 must receive permission of the Class Coordinator to receive incentives.