



February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Parenting Class •10:00am Nutrition Class •12:00pm	4	5 Parenting Class •2:00pm Bumpology 101 •4:00pm	6	7	8 Move It Mommy 9:30 am-10:30 Mommy & Me 11:00 am-12:00 pm Childcare available
9	10 Parenting Class •10:00am Nutrition Class •12:00pm	11	12 Parenting Class •2:00pm Bumpology 101 •4:00pm	13	14	15 Pelvic Floor Physical Therapy Class 9:30-10:30
16	17 Parenting Class •10:00am Nutrition Class •12:00pm	18	19 Parenting Class •2:00pm Bumpology 101 •4:00pm	20	21	22
23	24 Parenting Class •10:00am Nutrition Class •12:00pm	25	26 Parenting Class •2:00pm Bumpology 101 •4:00pm	27	28	29

CLASS TOPICS

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- 2/3- 10:00 Set Limits/12:00 Late Night Snacks**
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- 2/5- 2:00 Setting Limits**
4:00 Bumpology-Class Make Up Day
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- 2/8- 9:30- Move it Mommy/11:00 Mommy & Me**
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- 2/10- 10:00 Love Languages**
12:00 Excercise
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- 2/12- 2:00 Love Languages**
4:00 Bumpology-GRADUATION DAY
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- 2/17- 10:00 Your Child's Temperament**
12:00 Cooking with Children
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- 2/19- 2:00 Your Child's Temperament**
4:00 Bumpology Week 1- "Dear Baby"
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- 2/24- 10:00 Parenting Styles (TedEx Talk)**
12:00 Nutrition-The Truth About Nuggets
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- 2/26- 2:00 Parenting Style (TedEx Talk)**
4:00 Bumpology Week 2-Trimester Dev.

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.

Garage Parking is not available for classes. Please talk to staff about other parking options.

Late participant arrival to class will only receive diapers for attendance.