

# Virtual New Mom Series

The Suffolk Y JCC Parenting Center's **New Mom Series** is a 6-week program targeted towards new moms with newborns. This series was designed for both stay-at-home and working moms to create a sense of community and build new friendships that will grow throughout the year. Each Tuesday we will focus on a different relevant topic and provide group support (*with a Psychologist and/or Clinical Social Worker*).

## OPEN TO THE COMMUNITY

**October 27, 2020: Coping with Children During Covid** with Dr. Deena Abby PhD

Dr. Abby is a licensed psychologist with a PhD in Clinical and School Psychology, trained as a cognitive/behavioral therapist, who works with infants, children, adolescents, adults and their families.

### Week 1: November 3, 2020

**Strollercize** Is SO much more than just pushing a stroller. It is a complete full-body workout! There's a warm-up, cardio drills, strength training work, cool-down, stretching and core workout.

### Week 2: November 17, 2020

**Mommy/Baby Yoga** with Heather Simonson  
This provides an opportunity for you to regain strength and flexibility, to bond with your baby in an enjoyable activity, and to make friends with other moms.

### Week 3: November 24, 2020

**Water Safety/Baby CPR** for Parents and Caregivers focuses on developing an awareness of the risks of drowning and how to minimize those risks, especially for young children. This class will also provide guidance for applying water safety to common environments and situations where children are most at risk for drowning.

### Week 4: December 1, 2020

**Music for Mommy and Me** A class that will be engaging and interactive. Mommy and baby will be able to sing, dance, and communicate with others. This is a perfect class to teach music and movement.

### Week 5: December 8, 2020

**Good Nutrition for your Infant/Toddler**  
During the first 2 years of life, good nutrition is vital for your child's growth and development. Starting good nutrition practices early can help children develop healthy dietary patterns. Here you will learn information and practical strategies on feeding nutritious food and drink to infants and toddlers, from birth to 24 months of age.

### Week 6: December 15, 2020

**Baby Sign Language** Instruction is a fusion of music, American Sign Language, sensory activities, reading and exploring. We will teach simple signs to increase communication between you and your baby.

**Tuesdays • 6 weeks • 10:30–11:30 am | Fee: \$105 • Member Discounted Fee: \$90**

**November 22, 2020 Pajama Party** at 6:00 pm • Book reading with Leslea Newman

Contact: **Nicole Helfman** 631.462.9800, x123 [nhelfman@syjcc.org](mailto:nhelfman@syjcc.org)