



Center for Families

Baby Massage/Nurturing Touch & Infant Development Series

Christine Doucet, CMI, a lactation counselor and infant massage instructor with a background as a nurse-midwife, leads several programs just for infants and their parents/caregivers. For more information on any of the following programs, you can contact Christine at 617-349-3003 or e-mail her at cdoucet@cambridgema.gov.

Baby Massage/Nurturing Touch & Infant Development Series (based on WINC without borders material and curriculum) 4 session series, Wednesdays April 8th, 15th, 29th and May 6th from 12:00pm-1:30pm at the Moses Youth Center (243 Harvard St.). The next Baby Massage Series starts May 20th at CFF. For parents with infants 6 weeks—pre-crawling. Massaging your baby and growing child helps in developing strong relationships between you and your child. Massage might help your baby to have less gas and constipation, relax better and sleep longer. The discussion topics of this series are designed to support you in your parenting. **All families must register for the entire series. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

Baby Time Infant Playgroup

Back the week of January 6th! Baby Time Playgroups do not meet on: 1/20, 2/13, 2/17, 4/20, 4/21, 5/25.

Informal groups for parents or caregivers with infants birth—15 months old. Groups are an opportunity to connect with other adults, ask questions to the group or Christine, and relax while babies explore the playroom. Christine leads a short sing-a-long.

- **Mondays, 12:30pm—2:30pm**, Center for Families, 70 Rindge Ave., rear of Peabody School (please enter through the main door of the school and sign in at the front office).
- **Tuesdays, 12:00pm,—2:00pm**, Moses Youth Center, 243 Harvard St.

*Baby Time does not require registration and you can come and go as you please. **Please choose only one group to attend per week.** Contact Christine at 617-349-3003 or cdoucet@cambridgema.gov with questions.*

4-Part Infant Playgroup with Sign Language

*Thursdays April 30, May 7, 14, and 21 from 12:30pm-1:45pm, at Community Room at 362 Rindge Avenue. **This playgroup is for parents with children 5 months-18 months.** In this playgroup, we will sing songs, do fun activities, and learn sign language for babies together. This playgroup is an opportunity for parents to support children in their language development. **All families must register for the entire series. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.***

Two-Part Series: Postpartum Exercises, Tips and Stretches for Mothers in their First Year after Giving Birth

*Thursdays, 5/28 and 6/4 at the Community Room at 362 Rindge Avenue, 12:15 pm—1:30 pm. Postpartum workshop for mothers with babies birth—12 months (Babies are welcome to come with you). Learn from a physical therapist specialized in postpartum how to improve your physical health after birth. This workshop will give you tools to strengthen safely your whole body especially the pelvic floor and abdominal muscles. Instructor: Sybille Bosslet, Physical Therapist. **All mothers must register for the entire series. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.***