

Education and support for growing families



Legacy Health



Parenting education

Being a parent is an exciting adventure. Legacy Health is here to help you make it a healthy one, too. We offer parenting programs committed to providing families with the education and support they need to raise healthy children.



and support

Parenting: The First Three Years

This program is from Parenting Now!, a division of Birth to Three — a nationally recognized organization providing parent education and support for more than 26 years. In each of three series — *Incredible* INFANTs, *Wonderful* ONEs and *Terrific* TWOs — parent educators can help you:

- Learn about developmental ages and stages
- Gain greater understanding of your child
- See yourself as your child's first and most important teacher
- Learn effective parenting skills and positive approaches to discipline
- Make friends and become part of a learning, supportive group

Baby Connection

Baby Connection is a free weekly drop-in opportunity for you to meet other parents, weigh your baby, learn about infant feeding and ask questions about other parenting concerns. All families are welcome. You will have an opportunity to meet briefly with an infant feeding specialist. As we weigh your baby, you will be able to ask questions about breast or formula feeding. Baby Connection focuses on helping you understand normal infant behavior, weight gain, sleep and feeding while connecting with other parents. We also offer an opportunity to take mom and baby pictures and to use our scrapbooking table.

This program takes place at Legacy Emanuel Medical Center's Fitness Center on Thursdays from 11:30 a.m. to 12:30 p.m. Be sure to bring toys for your baby.

Baby & Me Groups

Happy or sad, good day or bad, bring your baby and join us. This is a group for mothers who would like to connect with other parents in an environment that is safe for asking questions.

Snugglers: Newborns to 6-month-olds meet from 2 to 3:30 p.m. and Gigglers: babies 6 months old and up meet from noon to 1:30 p.m. Call **503-335-3500 (Oregon)** or **360-487-3500 (Washington)**, or visit **www.legacyhealth.org** for locations.

Look for your complimentary card inside your Guidebook to Pregnancy and Childbirth. Be sure to bring toys and a friend.

Our legacy is yours.

Legacy Health strives to make responsible printing and paper choices that minimize our effect on natural resources.

Legacy Health

www.legacyhealth.org



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GOOD SAMARITAN Medical Center

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THE CHILDREN'S HOSPITAL Legacy Emanuel

LEGACY MEDICAL GROUP

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