

REALBIRTH CLASS DESCRIPTIONS

Immediate Postpartum Groups: newborn - 18 months

Real Moms' Groups:

Mothers' Meetings are a place to share your experiences and concerns, find support in your role as a mother and socialize with other moms and babies. While each session has a specific topic, there is time for exploring the needs and concerns of participants. Bring your baby and meet other new moms! No pre-registration is required - come on in and get your questions answered and meet other brand new moms. Some examples of topics are: Sleep Routines and Arrangements , Changing Relationships After the Birth ,Traveling with Your Baby, Balancing Baby and Work

Drop-in Baby n Me Classes:

Messy Art:

Messy Art is a unique and creative arts based program where process, not product is the goal. A gentle first experience in the arts of socialization and creation, shared with a parent or caregiver, designed to stimulate and nurture your little one's senses. In each class we will paint, glue, weave, bead, splatter, and draw. A true, hands on and in multi-media art exploration!

Yoga Whimsy

Creative expression class based on movement. This playful and fun class integrates yoga, music and dance. Your toddler will be introduced to theatrical movement, yoga adventures and poses in an exciting interactive environment. Come on in and show us your best pose!

Developmental Movement:

One of the few classes in the city that combines age appropriate movement, activity and developmentally-sound learning with gentle exercise for the caregiver. This class focuses on fun and age appropriate movement for building babies and toddler's bodies and brains. Dancing with your child to a wide variety of music, you will learn how creative movement and play enhance baby's neurological, emotional, and physical development. This class is separated by baby's mobility; please choose appropriate level for your child.

New Parent Classes (require pre-registration): newborn to 24 months

Development in the First Year:

This class picks up with new parents where our great pregnancy Newborn Care class ended, covering physical, fine motor, speech, visual and intellectual milestones in the baby's first year. Parents learn how to support and cope with their baby's growth and development, which can be particularly reassuring through the constant change of the first year. You will learn how to support your baby's healthy physical, intellectual and emotional development while alleviating societal pressure of all the things you "think" you are supposed to be doing to help your baby.

Infant Massage (Newborn to Pre-Crawling) 4 part series:

Baby Massage is a way to comfort our children through our hands. Loving touch encourages a connection between parent and child from the first days of life. It can serve as a vehicle for improved communication, both verbal and non-verbal, forming a solid foundation for future relationships. Massage teaches relaxation and supports the release of tension to both the parent and baby. Infant massage has been shown to: help relieve baby's gas and constipation, improve sleep patterns, develop body awareness, encourage social development , improve circulation, enhances the immune system, supports parental confidence. This 4 part series builds your massage skills week by week.

Pregnancy Classes (require pre-registration):

Real Baby Real Body: (\$35 per couple)

Real Baby, Real Body provides everything from a basic map of pregnancy to the choices that expecting mothers and their partners have in New York City in terms of prenatal care, providers and birthing environments. Basically, this talk is a supplemental form of "prenatal care" in which we will cover the social and information concerns and issues that come up when pregnant. This one time workshop is better than any book you will read about pregnancy! Partners encouraged and welcome.

Breastfeeding Clinic:

A semi-weekly clinic for mothers and new babies. It is designed for moms to get professional support from our International Board Certified Lactation Consultants. Babies will be weighed and moms will get accurate information, a plan to help where needed and any additional help with breastfeeding. Moms have some one-on-one time with the LC and the group also offers the opportunity to meet and socialize with other breastfeeding moms.

Maria's Movers (Creative Ballet):

An independent class that is uniquely designed to be enjoyable, educational and fun. This creative ballet class builds confidence with interactive activities incorporating music and movement. Ballet vocabulary is introduced through creative movement and discovery. Students are able to explore their natural movements as they develop ideas that contribute to the class.

Fun with Food:

In this class toddlers will be introduced to natural foods by cooking, playing with and exploring all the delicious possibilities. Research shows that people who are introduced to healthy foods that taste great in early childhood will have healthy eating habits and patterns throughout his/her lives. In this class, we will make simple healthy snacks that little fingers can assemble!

Baby and Me Yoga:

This unique class combines yoga and play to get back in shape while strengthening the bond between you and your infant. No prior knowledge of Yoga is necessary however, you will learn flowing asanas, and some challenging postures. Class always ends with calming restorative time in a playful and safe environment for babies. Learn Baby Yoga exercises to strengthen growing muscles, aid in digestion, promote better sleeping patterns, and help your infant towards their next stage of development. Dads are welcome too!

Raising Your Toddler:

Life in year two changes dramatically. You now have a mobile child who has learned the power of NO and all our tools for the first year need to change. This one time workshop discusses parenting tips for the toddler year. Parents will learn the intellectual and emotional development of the toddler. Topics include many of the challenges we face with a toddler including:boundaries ,getting a bit of your own life back , sleep, playgroups & politics, nutrition, getting a bit of your own life back. Parents will learn how to hold on to their parenting ideals while dealing with the challenges of raising a toddler.

Working Moms' Group:

This one time workshop can be taken when you are pregnant, in the early months before you return to work or in the months after you have already gone back to work. Modern New York moms can learn important strategies for that point when you decide to return to the workplace. Meet like-minded women as you learn in a collaborative, supportive environment. Topics include: Balancing work and family, Negotiating new roles at work and at home, How to become more efficient, Breastfeeding and working, The crucial role of self care, Finding and keeping childcare. Given how hard moms work these days, you will leave this class with solid strategies to create some sanity and balance in your life

The Green Nursery (\$35 per couple)

The "fun stuff" talk. What do we really need for a nursery? No matter what your budget whether minimal or expansive we take you through the basic of setting up your nursery or area for the baby. We will provide you with the essentials for baby with an eco-friendly focus we will walk you through clothing, carriers and strollers, feeding supplies, diapering options, baby care so that your experience will not be an overwhelming inundation of large plastic but truly useful and quality items for your baby.

Drop-in Baby n Me Classes:

Rock, Roll and Crawl:

Helping babies find ease in movement development from newborn through crawling. This class will focus on helping babies find ease in movement development from newborn through crawling. Parents and caretakers will learn about babies' sequential motor patterns and how to support optimal movement and coordination. We will create a fun environment to help babies discover and initiate their own movement possibilities. There will be an emphasis on the importance of movement development in all aspects of babies' growth: cognitive, emotional and social.

Creative Play:

Creative Play is a dynamic music and movement play program designed to stimulate babies and toddlers gross and fine motor development, while nurturing their natural sense of curiosity through hands-on music and movement activities including interactive songs, finger plays, dancing, and a variety of activities offered in an upbeat, yet relaxed and friendly atmosphere.

Baby Fingers: Baby sign language

Based on considerable research, Baby Fingers is designed to promote family communication while enhancing motivation to speak, increasing IQ, improving vocabulary and literacy skills, decreasing frustration, refining motor coordination and spatial reasoning skills. Learn American Sign Language through songs and play with other parents and babies or toddlers. Go home each week with new vocabulary and new tunes to enhance communication between you and your child!

PreNatal Yoga

Prenatal Yoga is a great activity for pregnancy. No matter what your starting level of physical fitness, yoga is beneficial in supporting increased body functions during pregnancy and strengthening for labor. Benefits include improved circulation and digestion, tension release and maintaining muscle tone. Research shows that Prenatal Yoga is proven to relieve many of the bodily stresses the body goes through while pregnant as well as prepare the mother for an easier labor. It is also a wonderful time to quietly and meditatively connect with your baby. Yoga Mats are provided.

Sleep Routines Clinic:

This class is a realistic, compassionate session to help get families on track with understanding and making progress with sleep. We teach strategies that balance a baby's developmental needs with the needs for sanity and sleep of the parents. Parents will be taught an overview of normal sleep patterns and different methodologies about "getting babies to sleep" before discussing individual approaches and plans given your babies age, eating and nursing habits, household sleep environment and parents' sleep needs.

Newborn Massage (\$35 per couple)

Newborn Massage is a way to pass love to our children through our hands. Loving touch encourages a connection between parent and child from the first days of life. It serves as a vehicle for improved communication, both verbal and non-verbal, forming a solid foundation for future relationships. This class is designed for parents to take prior to the baby's birth, but preferably in the last trimester and before your 37th week, allowing you to use your learned skills on your baby in the first month. This class is designed to introduce your baby to massage, teaching a less stimulating and gentle massage, primarily focused on integrating the nervous system. This class is a great introduction to massage and can be followed by our infant massage series.