



# Judy Center

Hawthorne

## Contact Information

410-887-0138

### Facilitator

Rebecca Lindsey, Ed.D.

### Family Case Manager

Letethia Nathan

## Upcoming Events

### Free Prenatal Massages

Thursday, Oct. 4, 11, 18, & 25

HES Wellness Center

\*\*Please contact the Judy Center to schedule your morning massage

### FREE A.B.C. Playgroup

A program for our younger learners and their parents.

Great opportunity for young learners to learn through play, prepare for the transition to school and build social skills with peers.

Tuesdays, Oct. 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>

Thursdays, Oct. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>  
1pm- 3pm  
Preschool Room

### Preschool and

### Prekindergarten Field Trip to Chapel Hills Nursery

October 24<sup>th</sup> 9:15am- 12:15pm



## October 2018



### October is Dental Hygiene Month

Below are a few tips on how caregivers can assist in improving a child's oral health:

- Be a good role model by taking care of your own teeth. Children learn best by imitating.
- Establish good dental hygiene early. According to the American Dental Association, a child's first dental visit should be at age 1.
- Allow children to choose their own toothbrush featuring different colors or cartoon characters.
- Schedule brushing times and develop a consistent time of day for oral care routine.
- Have children brush for 2 minutes. Use a timer or play your child's favorite song which can be helpful and fun.
- See the dentist regularly for family checkups.

### Prenatal Massages

The HES Judy Center along with Healthy Babies Collaborative and Touch Is the Way LLC

presents Free Prenatal Massages for expecting mothers.

#### Did you know that prenatal massages can ...

- Reduce Stress
- Reduce leg/back pain
- Decrease labor pain as well as time in labor
- Reduce depression/anxiety
- Reduce premature labor and contribute to your baby's healthy birth weight

Open to all Hawthorne area mothers.

### Infant Massages

Join us for a free 4 week parent/ infant massage course where you will learn how to:

- use nurturing touch to bond with your baby
- reduce stress levels
- help you and your baby relax

Come discover the many benefits of infant massage, meet other parents and gain confidence in responding to your baby's cues

Call the Hawthorne Judy Center at 410-887-0138 to enroll.

**\*\*Free Weekly Giveaways\*\***

### Community Corner

#### Baby Story Time

Thursdays, Oct. 4, 11, 18 & 25

10:00- 10:30am

Essex Branch Public Library

#### Preschool Story Time

Thursdays, Oct. 4, 11, 18 & 25

11:00-11:30am

Essex Branch Public Library

#### Healthy Babies Collaborative:

#### Healthy MOMs

Tuesdays, Oct. 2, 9, 16, 23, & 30

9:30-11:30am

Stembridge

Community Center

#### Healthy Babies Collaborative:

#### Essex Breastfeeding Luncheon

Every Wednesday

11:00-1:00pm

Essex Library

Call : 410-828-7700

**Turn over to view Calendar**