



Judy Center

Hawthorne

Contact Information

410-887-0138

Facilitator

Rebecca Lindsey, Ed.D.

Family Case Manager

Letethia Nathan

Upcoming Events

Free Prenatal Massages

Thursday, Sept. 6, 13, 20, & 27

HES Wellness Center

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

A.B.C. Registration

Thursday, Sept. 6th

Tuesday, Sept. 11th

1pm- 3pm

Preschool Room

ESOL Registration

Tuesday, September 11th

10am

Hawthorne Rec Room

September 6th: First Full Session of Kindergarten

September 11th: First Full Session of Preschool and Prekindergarten



September 2018

Some helpful suggestions to help you and your child to prepare for the "Big Day"

Talk about it: Discuss what the day will be like, about what you will do to get ready, how your child will get to school, what they will do, and how the school day will end. Read books together about going to school. Be very positive and supportive.

Get to know the school, if you can: Take advantage of any events offered by the school

Get your child on a sleep schedule: It's important that your child receives nine to ten hours of sleep every night in order for your child to be refreshed and alert for school.

To read more helpful suggestions check out:

Reference: Claire McCarthy. 2017. 7 tips to help your child start school for the first time. [ONLINE] Available at: https://www.health.harvard.edu/ [Accessed 27 August 2018].

Community Corner

Baby Story Time

Thursdays, Sept. 6, 13, 20 & 27

10:00- 10:30am

Essex Branch Public Library

Preschool Story Time

Thursdays, Sept. 6, 13, 20 & 27

11:00-11:30am

Essex Branch Public Library

Healthy Babies Collaborative:

Healthy MOMs

Tuesdays, Sept. 4, 11, 18 & 25

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

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.

Massages can be received on Thursday mornings.

Call the Hawthorne Judy Center at 410-887-0138 to schedule your massage.

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