



Judy Center

Hawthorne

Contact Information

410-887-0138

Facilitator

Rebecca Lindsey, Ed.D.

Family Case Manager

Letethia Nathan

Upcoming Events

No school for students on
October 9th

**Preschool and
Prekindergarten Field Trip
to Chapel Hills Nursery**
October 15th 9:15am- 12:15pm

No school for students on
October 18th

Free Prenatal Massages
Thursday, Oct. 3, 10, 17, 24 &
31
HES Wellness Center
**Please contact the Judy
Center to schedule your
morning massage



October 2019



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. 3, 10, 17, 24 & 31
10:00- 10:30am
Essex Branch Public Library

Preschool Story Time

Thursdays, Oct. 3, 10, 17, 24 & 31
11:00-11:30am
Essex Branch Public Library

Healthy Babies Collaborative:

Healthy MOMs
Tuesdays, Oct. 1, 8, 15, 22, & 29
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