Bellevue College Parent Education Program
Two New Classes Starting in January!

**Tuesday Evening Class for Infants/Wobblers & Parents**
Meets from 6:00 – 7:45 pm
For babies born between August 2014 & June 2015

**Wednesday Afternoon Class for Infants & Parents**
Meets from 12:30 – 1:45 pm
For babies born between August 2015 & February 2016

Classes include time for play and exploration, music, “snack time” and parent education. Instructors include a parent educator, a nutrition specialist, and a music teacher. Our nutritionist helps younger babies as they start solids, introducing healthy foods for babies and helping parents read their child’s feeding cues. For older babies, a variety of healthy & easy feeding choices is introduced. Parent education covers topics geared to the developmental age of the babies, including sleep, play, temperament, setting limits, language and more. This weekly class provides a fun time for you and your baby to grow, play and learn together. You will enjoy the support of other new parents as you share universal concerns and the joys of parenting. Classes run through early June.

https://www.bellevuecollege.edu/parented/classes/