

Baby Talk



Join us for a series of discussions for parents, grandparents and caregivers on the growth and development of young children in the Louisville Science Center's new series, *Baby Talk*, sponsored by Kentucky Education Savings Plan Trust. Hear from local experts, learn from other parents, and ask questions about anything from milestones, to child safety, to baby talk. Sessions occur on Sundays and are repeated on Tuesdays. Sessions are free, but require advance registration. Call 502-561-6100, ext. 6111 or email jenna.spear@louisvilleky.gov to register.

Milestones

> **September 11, 1:30-3:30 p.m.** | **September 13, 9:30-11:30 a.m.**

The first years with a new baby are filled with milestones for both baby and you. Whether baby is walking, talking, teething or sleeping through the night, discuss important checkpoints and ideas for next steps. We'll tackle important moments for parents like sleeping, creating a work-home balance, making time for yourself and maintaining the energy you need to keep up with an ever-growing baby.

Presenters:

Jennifer M. Blair, Author, Life Coach and Founder, Excavite Life Coaching

Lelah Rezaei, MD, Pediatric Associates of Southern Indiana (September 11 only)

Julia Richerson, MD, FAAP, Family Health Centers (September 13 only)

Food For Thought

> **October 9, 1:30-3:30 p.m.** | **October 11, 9:30-11:30 a.m.**

Discuss important nutrition information for growing children, the scoop on additives and preservatives, and tips on making your own baby food. Discover the power of texture and learn what is right for your baby's palette. The Kentucky Regional Poison Control Center will be on hand to share the importance of teaching children what is safe and unsafe to consume.

Presenters:

Beth Ruley, Registered Dietician, Kosair Children's Hospital

Brooke Wilson, Education Program Coordinator, Kentucky Regional Poison Control Center

Play Time

> **November 13, 1:30-3:30 p.m.** | **November 15, 9:30-11:30 a.m.**

Mental and physical exercise are crucial to the development of children and adults alike. Examine what exercises and toys are best for baby's brain and physical development. Discover new ways to get active with your child and ways to use the world around you to stimulate the innate curiosity in young children.

Presenter:

Jody L. Clasey, PhD, FACSM, Exercise Physiologist & Associate Professor, Department of Kinesiology and Health Promotion at the University of Kentucky

Baby Boot Camp

> **December 11, 1:30-3:30 p.m.** | **December 13, 9:30-11:30 a.m.**

Are you gearing up for the birth of your child? Do you have what it takes to take on a cloth diaper? It's a series of fun challenges on baby basics. Practice swaddling, changing cloth diapers, testing water temperature, and more. Dirty diapers won't stand a chance once we're through with you.