



1000 Main Street
Buffalo, NY 14202

Jump start
your baby smarts!

Help your children bloom!

Come explore the wonderful gift of parenting at our FREE sessions for parents and caregivers of infants and toddlers (pregnancy – age 3). Topics are also appropriate for foster and adoptive parents.



What is your Baby Trying to Say?

Learn to understand and respond to signals babies give; plus identify how to tune into their emotional growth at *Tuning in to Your Child*.



Frazzled?!?

Discuss effective methods of coping with stress for parents and baby. Find new ideas that work for you at *Coping with Stress and Helping your Child to Cope*.



The Secret Lives of Babies: Eat & Sleep!

"A Doctor Talk" - Presented by a pediatrician, parents learn about helping baby sleep alone peacefully, plus the proper nutrition for infants.



Rattles, Blocks & Balls, Oh My!

Playtime is more than fun time. *Learning through Play* helps parents discover how a baby's brain develops during play and how social skills and relationships form.



The Secret to Happy Babies...

Who knew routines were so important? Find out why at *Establishing Routines* and gain ways to create effective routines for baby and you!



New Ways to Say "No!"

Infants and toddlers need limits. *Setting limits* helps parents learn how to set reasonable age-appropriate limits for their child.



Boo-boo's and Tissues...

"A Doctor Talk" - Presented by a pediatrician, parents learn how to make the home child-friendly, where baby roams safely, and how to recognize illnesses.



Read, Baby, Read!

At *Promoting Literacy* parents learn how their voice and actions influence even tiny babies; plus reading activities that make a big difference.

Ready Set Parent! is found in Erie County Birthing Hospitals: Mercy of Buffalo, Millard Fillmore Suburban, Sisters of Charity, Women and Children's; Niagara County: Mt. St. Mary's. The program is endorsed by the Buffalo Pediatric Society.

For more information about *Ready, Set, Parent!* please visit epicforchildren.org or bakervictoryservices.org



Schedule on back. Call today!

(716) 332-4153

Toys provided courtesy of Fisher-Price.



Ready, Set, Parent!
Information & Registration call 332-4153.

Summer 2010



Day of the Week/Room	Dates	Time	Location	Pediatrician/Medical Professional Talk
Thursdays	May 13 – July 1	6 pm – 8 pm	First Presbyterian Church- Springville 38 North Buffalo St. Springville, NY 14141	Dr. Katie Johnson Clark 5/13/10 and 5/20/10
Mondays 4 th floor Conference Room D	August 2 – September 20	6 pm – 8 pm	Sisters Hospital 2157 Main Street Buffalo, NY 14214	To Be announced
Mondays	March 8 – April 26	6 pm – 8 pm	Monarch Little Learners Academy 1025 Ridge Rd. Lackawanna, NY 14218	Dr. Kathleen Petillo 3/15/10 and 4/12/10
Saturdays	May 1 – Jun 19	10 am – 12 pm	North Buffalo Community Center 203 Sanders Rd Buffalo, NY 14216	Barbara Brown, PNP 5/8/10 and 6/5/10
Monday	April 12 Nutrition Workshop- Healthy Bellies, Happy Babies!	6 pm – 8 pm	Destination Maternity 2130 Walden Ave Suite 2 (near Union) Cheektowaga, NY 14225	Ready, Set, Parent! Staff
Mondays	April 19 – June 14	6 pm – 8 pm	Destination Maternity 2130 Walden Ave Suite 2 (near Union) Cheektowaga, NY 14225	Dr. Colleen Mattimore 5/3/10 and 5/17/10
Mondays	July 12 – August 30	6 pm – 8 pm	Destination Maternity 2130 Walden Ave Suite 2 (near Union) Cheektowaga, NY 14225	Kelly Naab, PNP 7/26/10 and 8/16/10
Saturdays	April 10 – June 12	1:30 pm – 3:30 pm	Care Connection 3991 Harlem Rd. Anherst, NY 14226	Barbara Brown, PNP 4/17/10 and 4/24/10
Mondays	June 21 – August 23	6 pm – 8 pm	Wegmans 5275 Sheridan Dr. Williamsville, NY 14221 2 nd floor in the Green Room	Dr. Thomas Cozza 7/12/10 and 7/26/10
Thursdays	June 17 – August 5	9:30 am – 11:30 am	DeGraff Community Center 139 Division St. North Tonawanda, NY 14120	Deborah Finamore, PNP 7/8/10 and 7/15/10

Participants should attend as many sessions as possible for full program benefits.



Ready, Set, Parent! is proud to be a LIVE UNITED Program Partner



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