

# Natural Parenting Series

Wholeness is our natural state. From before birth, Nature is providing us with the ability to optimize our health. However, too often we are unaware that simple parenting choices can either help or hinder what Nature provides. Today, with health care costs rising, and so many uninsured, knowing how to help Nature from the very beginning makes our lives as parents easier and our children happier.

**Saturday, March 14, 2009, 1-4pm; Saturday April 18, 1-4 pm;  
Saturday, May 23, 1-4 pm.**

Join us each month (March, April and May) as we explore natural parenting options! Attend one session, or all three!

## **Session one-Pregnancy**

*March 14, 2009, 1-4pm*

- Your baby is built by what you eat!
- Mom's wellness and baby's developing immune system
- Natural and safe methods for navigating allergies & colds
- Movie: *What Babies Want*
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## **Session two-Birth to 3 years**

*April 18, 1-4 pm*

- Birth and baby's health
- Ways of gentle birthing-water birth and more!
- 5 tips to strengthen the developing immune system
- Natural and safe ways to foster infant wellness
- Movie: *Birth As We Know It*
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## **Session three-Beyond the first 3 years**

*May 23, 1-4 pm*

- Complementary methods to sustain toddler and young child health: Homeopathy, yoga, positive parenting techniques and more

Visit our Web site at: [www.fcsh.org](http://www.fcsh.org) to learn more

Pre-registration required.

*Per class: \$25 members/\$30 non-members*

*3 session series: \$70 members/\$85 non-members*



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