

Tot Spot November 2019



Nov 5 - **Mother's Mental Health Info Session**

Social Worker Lorelei Rendall will be here to lead a discussion about post-partum depression, struggles in motherhood and tell us what resources we have locally to help parents.

Nov 12 – **Morning of Movement!** Come get those sillies out! Tunnels, ride on toys, yoga balls and more!

Nov 19- **Dental Health Info Session** with Jennifer Pituley

Learn more about infant and toddler dental health and get any burning questions you have answered! Presentation Time: 10:00-11:00am

Nov 26- **Infant Choking** with Betty Hawkins

Learn how to help your baby if it is choking, how to prevent it, and ask questions about infant and child CPR. *Note: this is not a CPR course, just an information session.*

Thank you to all our special guests this month who are coming to Tot Spot!