



NAPA MOMS
EST 2007
FAMILY • COMMUNITY • FRIENDSHIP

March 2019

Invite Your Pregnant Friends!

Las Flores and Mamasté, a beautiful partnership

One month into our new location at Las Flores Community Center Classroom and we are excited to have found the perfect fit for our young babies and moms (and moms-to-be). Napa Parks and Rec have been extremely generous with their facility. As we plan for the future, we hope to entice more expecting moms to find their mom tribe and prepare for parenting their new little one. We will be bringing in community experts on child development and related expertise to meetings monthly to discuss important topics facing our moms including:

- establishing good sleep habits
- understanding feeding schedules
- learning baby talk
- interviewing for childcare
- the art and science of self-care
- recognizing when it's beyond the baby blues
- building support system
- organizing tips for motherhood
- nutrition 101 for healthy moms
- milestones
- parenting styles
- emergency care and prevention
- WWGD? (What would grandma do?)

Thought of a topic you'd like to hear about? Have an expert in mind? Let us know!

Mamasté Meetups, 10:00am - 11:45am

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| March | 8 |
| March | 15 |
| March | 22 |
| March | 29 |

Community Highlight



March 6: Walk-in Wednesdays: 2-4pm: Once a month, the ranch will be open for the public to visit the garden, relax in the grove, take a hike on the woodland trail and see the animals. FREE!

March 9: Open House: 9 am -12 pm: For anyone to come roam around the ranch: \$10 for adults, \$5 for kids. Admission is free if you sign up for a Farm Tour or Saturday Farm camp.

March 9: Farm Tour: 9:30-10:45am: Get a guided behind-the-scenes farm tour - all ages will enjoy visiting the animals, exploring the garden, and playing in the grove, our natural playground. \$15 for adults and \$7 for kids.

March 19- May 28: Tuesdays, 9:30-10:30am: Sounds of Nature: Weekly guided program designed for infants to 2-year-old children. It is a time for parent and child to follow their natural sense of wonder as they explore the farm together. \$145.