



Judy Center

Hawthorne

Contact Information

410-887-0138

Facilitator

Rebecca Lindsey, Ed.D.

Family Case Manager

Letethia Nathan

Upcoming Events

Free Prenatal Massages

Thursday, Feb. 13, 20 & 27

HES Wellness Center

**Please contact the Judy Center to schedule your morning massage

Infant Massages

Join us for a free 4 week parent/ infant massage course where you will learn how to:

- use nurturing touch to bond with your baby
- reduce stress levels
- help you and your baby relax

Come discover the many benefits of infant massage, meet other parents and gain confidence in responding to your baby's cues

Call the Hawthorne Judy Center at 410-887-0138 to enroll.

****Free Weekly Giveaways****



February 2020



February is National Children's Dental Health Month

The American Dental Association recommends the following tips:

- Brush for two minutes, two times a day.
- Don't forget to floss!
- Make regular dental appointments for teeth cleanings and to minimize any damage with early treatment.
- Replace your child's toothbrush every three to four months.
- Eat a tooth-healthy diet (limit sweet and sticky foods).



What is Conscious Discipline? Come and find out.

HES Judy Center will be hosting an E-course on Conscious Discipline for the month of February.

When: February 6- February 27 on Thursday Afternoons

4:00pm-5:30pm

Dates	Topics
February 6	Introduction to Conscious Discipline
February 13	Becoming Brain Smart, Part 1 & 2
February 20	Creating the School Family
Independent Study complete before February 27th	Composure
February 27	Assertiveness

****Free Child Care-** Students in 2nd grade and above are invited to join their parents in the trainings.

**** Dinner will be provided 5:30pm-6:00pm**

Community Corner

Baby Story Time

Thursdays, Feb. 7, 14, 21 & 28

10:00- 10:30am
Essex Branch Public Library

Preschool Story Time

Thursdays, Feb. 7, 14, 21 & 28

11:00-11:30am
Essex Branch Public Library

Healthy Babies Collaborative:

Healthy MOMs
Tuesdays, Feb. 4, 11, 18 & 25

9:30-11:30am
Stembridge Community Center

Healthy Babies Collaborative:

Essex Breastfeeding Luncheon
Every Wednesday
11:00-1:00pm
Essex Library
Call : 410-828-7700