



# LISTENING MOTHERS + BABY SPLASH

## BRING MINDFULNESS TO THE WATER

Waterbabies is proud to announce a partnership with the Community of Mindful Parenting! Together, we are offering a weekly class series that combines the unique science-based mindfulness program, Listening Mothers, with our developmentally-appropriate water introduction for infants, Baby Splash. We are excited to bring these two programs together to offer new parents a well-rounded learning opportunity.

### FIND YOUR BALANCE

During this 8-week seminar, we will divide our time between the classroom and the pool. On land, participants will spend the first 90 minutes learning skills that will help reduce stress and encourage balance, incorporate self-regulation and self-compassion into daily parenting, and join with a like-minded community of other parents with open minds and a willingness to explore. Then, moving to the water, parents will gain and practice techniques to build confidence and comfort with handling baby in the water while enjoying this special and highly sensory parent-child bonding and communication experience.

This combination course is ideal for mothers and infants from 2-8 months old. Cost is \$395 for 8 weekly two-hour classes, beginning Wednesday, November 28, from 11:00 AM to 1:15 PM (no class on December 26). Space is limited, so reserve yours today! *(In order to run an effective workshop, if we do not get sufficient enrollment for this session, we may need to reschedule.)*



[www.waterbabiesusa.com/enroll](http://www.waterbabiesusa.com/enroll)