



Before Baby™

Presented by Elizabeth Memel, M.A. RIE Associate
Ojai Infant-Toddler Development Specialist

Learn about a humanistic, transformative approach to becoming the parent you can be for your newborn, a caring adult who will gain confidence in yourself and trust in your baby's unique abilities to show you the way to nurture and respect him/her as a competent human being.

An introductory Certified™ RIE® course for those expecting, waiting to adopt, or thinking about becoming a parent, Before Baby™ is designed to start you on your path with your child, learning and understanding about each other. Before Baby™ offers help to establish healthy patterns from the beginning of life, making the parent-child relationship more fulfilling and actually easier, including:

- What crying means and how to respond
- Setting up the baby's room – the ease of “less is more”
- Sleep for baby and parents
- Bathing
- Feeding
- Diapering/Dressing
- **Essential** “Quality” time together and apart – yes, you ARE allowed!

Magda Gerber's Educaring® Approach is based on encouraging infants' natural abilities from the start. As her 40 year-old educational organization (www.rie.org) demonstrates, there is commitment to honoring the natural integrity of infants and young children as equal members in relationships, informed by the factually proven neuroscientific formative power of relationships in their lives from birth.

3 WEEKLY CLASSES in Ojai downtown studio
Thursday nights, 7:00 to 9:30 PM • APRIL 4, 11 & 18

Please email lizmemel@authenticbabies.com
Enrollment will secure your space in class • \$300 per family



“Thank you for giving me the opportunity to discover my baby at such a young age. I have started to enjoy how he can spend a lot of time playing on his own! It sounds simple, but it is tempting to think you have to spend every second entertaining – being at the baby. I always remember what you said in the Before Baby Course, if you allow them, the baby will ask for you 24/7.” New mom