



Jump start  
your baby smarts!

# FREE Workshops & Dr Talks



*Good for you, and baby too!*

- ♥ For parents of children ages **birth – 3**
- ♥ 8 workshops total
- ♥ Topics include **Tuning In To Your Baby, Helping Your Child Cope, Learning Through Play, Establishing Routines, Setting Limits, Promoting Literacy**, and more
- ♥ 2 “**Doctor Talks**” discuss infant sleep and feeding, safety in the home and childhood illnesses
- ♥ Research shows children of parents who attend the series score **above average** for kindergarten readiness

## WHERE:



1400 Pelham Parkway South  
Building #8 ♦ 3<sup>rd</sup> Fl ♦ Room (#3W10)  
Bronx, NY 10461

## WHEN:

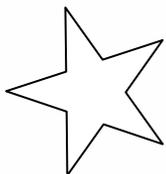
**1:30-3:30pm**

Wed. April 7	Wed. May 5
Wed. April 14	Wed. May 12
<b>*Mon. April 19</b>	<b>*Mon. May 17</b>
Wed. April 28	Wed. May 26

**\*NOTE: DOCTOR TALKS** are on **Mondays** instead of Wednesdays.  
They are in the **4<sup>th</sup> floor auditorium** instead of the 3<sup>rd</sup> floor conference room.  
And they **include lunch!**

Ready, Set, Parent! is a program collaboration of **EPIC** ([epicforchildren.org](http://epicforchildren.org)) and **Baker Victory Services** ([bakervictoryservices.org](http://bakervictoryservices.org))

*This program is funded by the New York State Health Foundation  
and nationally recognized by Mutual of America.*



**Call with questions or to RSVP:**  
Jennifer Cooper: **(718) 918-4368**



# *Free Sessions-Open to All!*

You're invited to spend time with  
*Ready, Set, Parent's* guest speaker...

## **Chilka Rawal, RPA-C**

Registered and Certified Physician Assistant  
Specializing in Pediatrics

**Monday, May 17, 2010**

**Topic:**

**“Safety in the Home & Childhood Illnesses”**

### **Jacobi Medical Center**

**1400 Pelham Parkway South, Bronx, NY 10461**  
**Building #1, 4<sup>th</sup> Floor Auditorium** (turn left off the elevator)  
**1:30 – 3:30 p.m.**

(For Ages Birth to Three)

**Six Additional Parenting Sessions/Topics available**

**Call to Register:**  
**718-918-4368**

**Free Lunch!**  
**Free Raffle!**

