



Before Baby™

Presented by Elizabeth Memel, M.A. RIE® Associate

Infant-Toddler Development Specialist, trained with Magda Gerber

Learn in this family support group 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 them 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 guide you on your path with your child, learning and understanding about each other. Before Baby™ offers help to establish healthy patterns and routines from the beginning of life, making the parent-child relationship more fulfilling and actually **easier**, including:

- What crying means - recognizing and responding to connect emotionally as well as physically
- Setting up the baby's room – the ease of a “less is more” environment
- Sleep for baby and parents
- Bathing
- Feeding
- Diapering/Dressing
- Essential “Quality” time together AND apart – yes, you ARE encouraged!

Magda Gerber's Educaring® Approach is based on encouraging infants' natural abilities from the start. As the forty-three year-old educational organization she co-founded 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.

THREE DISTANCE ZOOM CLASSES
Saturdays 9:00 to 11:30 am Pacific time

Please email lizmemel@authenticbabies.com to inquire/enroll

Enrollment will secure limited space in class • \$300 per family • sliding scale offered



“Thank you for giving [us] 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.” Eloisa Maturén and Gustavo Dudamel