



# BEYOND THE BUMP BULLETIN

THIS MONTH'S NEWS AND INFORMATION:  
VOL V • JANUARY 2024



## FAVORITE WINTER WEATHER WEAR

SEE IT ALL >>>



## MAKING A FORMULA BOTTLE



## WATER FIRST POWDER SECOND



**!**  
REMINDER

## PRIVATE CONSULTATIONS

*Looking for a little one-on-one time to delve deeper into discussion about your child?*

**SET-UP A  
PRIVATE CONSULT  
NOW**

# UPCOMING Virtual Events WORTH CHECKING OUT



Free Virtual Parenting Workshop



The Pathway to Confidence and Independence:

## Building Emotionally Resilient Kids



SPEAKER

Chelsey Rosen, PsyD

Senior Child and Adolescent Psychologist

January 17, 2024  
1 pm EST

**REGISTER NOW!**

# THE MOTHERHOOD CENTER *of New York*

## FOR WOMEN STRUGGLING WITH PMADS

PREGNANCY SUPPORT GROUP  
5:00 - 6:00 PM ET

**MON.**

NEW MOM SUPPORT GROUP  
3:00 - 4:00 PM ET

**TUES.**

NEW MOM SUPPORT GROUP  
1:00 - 2:00 PM ET

**THUR.**

HAVING ANOTHER BABY  
2:00 - 3:00 PM ET

**FRI.**

## Mastering Effective Co-Parenting: STRATEGIES FOR SUCCESSFUL COLLABORATION

SPEAKER

Erika Stapert, PsyD

Senior Child, Adolescent and Adult Psychologist



Wednesday, January 17th  
12 - 1 pm EST

**REGISTER NOW!**

# MOMS GROUPS

→ LEARN MORE

## TUESDAY

10 AM BABIES 6-9 MOS  
EVERY OTHER WEEK

11:30AM MOMS OF TWO  
EVERY OTHER WEEK

## WEDNESDAY

10 AM BABIES 10-18 MOS  
EVERY OTHER WEEK

NOON BABIES BIRTH-3 MOS  
EVERY WEEK

## FRIDAY

10 AM BABIES 3-6 MOS  
EVERY WEEK

NOON TODDLERS & PRESCHOOLERS  
EVERY OTHER WEEK

**VISIT ALL THE FAVORITES NOW** →