

# Flourish Baby

## A group for moms and pre-crawling infants

Thursdays at 1:00pm we will meet to discuss and learn about all things infant feeding. Topics will include managing supply, pumps and pumping, bottle and nipple options, introducing solids, common misinformation, tips and tricks, and so much more. There will also be an opportunity to meet one on one with lactation support for help with challenges specific to your situation. Call (859)963-3517 or Email [Rachael@RSD-Ky.com](mailto:Rachael@RSD-Ky.com) to reserve your spot!

In addition to the above, each week will have a different bonus topic! See below for a schedule and bonus topic of the week!

- Thursday, November 11, 2021 - Infant massage and Reflexology! The profound impact of touch!
- Thursday, November 18, 2021 - TummyTimeMethod™ for calming the nervous system, integrating reflexes, building core strength, improving feeding, and more!
- Thursday, November 25, 2021 - Closed for Thanksgiving
- Thursday, December 2, 2021 - Babywearing, Baby Gear and Accessories, Resources for Mamas
- Thursday, December 9, 2021 - TOTS Screening
- Thursday, December 16, 2021 - Returning to work, or not! Finding childcare, pumping and storing milk, etc.
- Thursday, December 23, 2021 - Managing the holiday with a nursling, holiday photo
- Thursday, January 6, 2022 - Welcome to the new year! Physical recovery, self-care, intimacy, healthy boundaries, extending grace
- Thursday, January 13, 2022 - Infant Massage and Reflexology! The profound impact of touch!
- Thursday, January 20, 2022 - TOTS Screening
- Thursday, January 27, 2022 - TummyTimeMethod™ for calming the nervous system, integrating reflexes, building core strength, improving feeding, and more!
- Thursday, February 3, 2022 - Basic Infant Sign Language! Teaching baby to communicate non-verbally to increase understanding and decrease frustration.
- Thursday, February 10, 2022 - Babywearing, Baby Gear and Accessories, Resources for Mamas

Helping the Mother/Baby Dyad to  
**THRIVE, not just survive!**