

FOR IMMEDIATE RELEASE:

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Modern Parenting

Science of Parenthood: Thoroughly Unscientific Explanations for Utterly Baffling Parenting Situations

Winter Garden Branch

Wednesday, March 9, 12:30 p.m.

Just when you thought you couldn't laugh any more at the follies, foibles and faux pas of modern parenting along comes *Science of Parenthood: Thoroughly Unscientific Explanations for Utterly Baffling Parenting Situations* with an all-new, totally fresh approach to parenting satire. Join us for a hilarious reading by the book's co-author Norine Dworkin-McDaniel as she offers riotously funny answers for such universally mystifying parenting questions. For more information, visit scienceofparenthood.com.

How to Stop Food Battles with Your Child

Edgewater Branch

Monday, March 14, 11:30 a.m.

Stop disagreements with your child at mealtimes and get them to eat healthy food! This class will teach positive, effective parenting strategies of how to disengage from power struggles surrounding food and eating. There will be an opportunity to discuss individual scenarios during class time.

Healthy Start for Healthy Babies

South Trail Branch

Monday, March 14, 4 p.m.

Chickasaw Branch

Wednesday, March 30, 4 p.m.

Gain insight into the Healthy Start screening done at your doctor's office and hospital as well as services available (including *Childbirth Education* and *Boot Camp for New Dads* classes that you can attend at no cost to you). In addition, get health information regarding before, during and after pregnancy. Topics include nutrition and folic acid, benefits of breastfeeding, SIDS, safe sleep and more. For more information, visit healthystartorange.org.

Introducing A Baby to New Siblings

Herndon Branch

Tuesday, March 29, 1 p.m.

Are you having another baby? This is an exciting and anxiety-provoking time for you as well as your current child or children. This class will cover the most helpful ways to prepare and introduce a new baby to sibling as well as ways how to juggle and provide "special time" for each child.

Car Seat Safety

Winter Garden Branch

Wednesday, March 30, 10:15 a.m.

Is your child in the safest car seat? Stop by and find out! Cars will be checked on a first-come, first-serve basis.

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