

Mother & Infant
A parenting program



925 South 25th Street
Arlington, VA 22202

Potomac Crescent Waldorf School
Arlington, Virginia

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Life with new babies can be full of joy and delight, and it can be tiring, lonely and challenging. Join Liz Hagerman for a thoughtful exploration on our roles as mothers and life with new babies.

Each session will begin with a time to give our loving, focused attention observing and attuning to our babies, letting them BE and learning from them. We will play and sing gentle baby games and songs that are simple and easy to learn by heart. There will be a facilitated discussion on a variety of topics, based on both reading material and the interests and needs of our group.

This program is open to mothers to be and mothers with their babies from six weeks to the creeping stage of development. Our goal is to offer guidance and support, and to foster a community of young families.

Liz Hagerman, MA, ADTR, is a registered dance/movement therapist who is in her 7th year of assistant teaching in the 5 day kindergarten at Acorn Hill Waldorf Kindergarten & Nursery. She recently completed a training on infant and child development at the Pikler Institute for Early Childhood in Budapest, Hungary. She is the mother of two boys.

Six Sessions:

April 28, May 5, 12, 19, 26, & June 2
Wednesday, 1:30 – 3:00 pm
\$125

The Northern Virginia Waldorf School Initiative (NWVSI), dba Potomac Crescent Waldorf School, does not discriminate by race, color, ethnic or national origin, or religion in its admissions, financial aid, administrative, or any other policies.

The school is a non-profit, tax-exempt organization under IRS Code Sec. 501 (c)3.

Registration:

Class size is limited and early registration is recommended.

Mother's name _____

Address _____

Telephone _____ Email _____

Child's Name _____

Date of Birth _____

Are there topics or issues you would like to see included?

- ❖ Please complete this page and send it with a check payable to *Potomac Crescent Waldorf School.*
- ❖ Registration is not accepted without payment.
- ❖ Places are filled on a first-come, first-served basis. Confirmation will be sent as soon as possible.
- ❖ Refunds (less \$25) will be made only if the place reserved is able to be filled.
- ❖ Refunds for partial attendance due to illness or other factors will not be possible.



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