



**Save
50%**

Enter coupon code [50SELENI](#) to receive 50% off any Fall Seleni Institute workshop or clinic when you [register online](#). This offer is transferable, so please feel free to share with friends or clients!

Offer Expires: October 31, 2013

Upcoming Parenting Workshops

Preparing for Breastfeeding: Tools and Tips for a Smooth Start

Wednesdays 9/25, 10/23, 11/6, 12/18 5:30 - 8:00 PM

Preparing for breastfeeding before you give birth will enable you to identify your goals and learn tips for achieving them in a relaxed, fun atmosphere. In this comprehensive, two-and-a-half-hour class, international board-certified lactation consultant Ayelet Kaznelson will answer all your questions and cover topics such as:

- latch and positioning
- how to know your baby is getting enough to eat
- pumping and milk storage guidelines
- bottle feeding
- common concerns (ex: nipple pain) and how to avoid them
- medication safety

[Register](#)

Preparing for Your Newborn

Wednesdays 9/11, 10/9, 11/13, 12/11 5:30 - 8:00 PM

This class will give you the know-how you need for those exciting (and sometimes overwhelming) days after delivery. We will familiarize new and expectant parents with what to expect in the early days and teach you the basics of caring for a newborn baby so you can feel confident beginning this new role. Topics include:

- normal newborn appearance
- procedures to expect in the hospital

- how to choose your pediatrician
- warning signs and when to call your pediatrician
- soothing techniques
- taking a baby's temperature
- how to hold, bathe, and swaddle a newborn
- the ABCs of changing diapers
- feeding your baby

[Register](#)

Sweet Dreams: Planning Ahead for a Good Night's Sleep

Wednesdays 9/18, 10/30, 12/4 6:00 - 7:30 PM

Wednesday 11/13 10:00 - 11:30 AM

Learn how to handle the first year of sleep and beyond with pediatric sleep expert Brooke Nalle, founder of [Sleepy on Hudson](#). We'll discuss ideal versus practical schedules and expectations, and sleep training versus sleep teaching. Learn about sleep training methods, how and why they work, and when to implement a program to set up your child (or children) for successful sleep. Each workshop ends with a Q&A, so come prepared!

[Register](#)

Planning for Another Baby After Postpartum Depression or Anxiety (PPD/PPA)

Wednesdays 10/16, 11/20 6:00 - 8:00 PM

Are you ready for another baby but worried about a recurrence of PPD/PPA? Learn about:

- PPD/PPA recurrence and risk factors
- developing (and sticking to!) a "protected sleep" plan
- enlisting friends and family to help keep an eye out for symptoms/signs of trouble
- strengthening communication about your feelings and needs

[Register](#)

Visualizing your Path to Motherhood

Tuesday 10/19 6:00 - 7:30 PM

In this comprehensive 90-minute workshop led by Mia Hatgis, L.Ac., we'll demystify the mind-body connection and explore its particular importance during our childbearing years - from thinking about starting a family and actively trying to conceive through managing pregnancy, labor, and the postpartum year. Using basic visualization exercises, we'll access the body's natural language of images, rather than words, and communicate with ourselves in ways we may not have experienced before.

[Register](#)

Fall Clinics

Sleep Support Clinic

Every Other Thursday 11:00 AM - Noon

Do you wake up exhausted in the morning? Is every night a different sleep adventure? If so, our Sleep Support Clinic can help! Join sleep expert Brooke Nalle, founder of Sleepy on Hudson and a certified pediatric sleep consultant, to create a sleep plan that is right for you and your family. Whether you have a new baby in the house, a 9-month-old refusing to nap, or a 2-year-old who hates going to bed, bring your questions to the clinic, and we'll help you find sleep solutions!

[Register](#)

Breastfeeding Clinic

Every Thursday Noon - 2:00 PM

In this 2-hour session, international board-certified lactation consultant Ayelet Kaznelson will address your breastfeeding questions and concerns about everything from nipple pain to your baby's weight gain. You'll get reassurance and support as well as a customized plan to make breastfeeding more manageable - and enjoyable. Plus, you will meet other moms facing similar challenges and swap tips about what worked for them. We will have a milk intake scale on hand so you can find out exactly how much your baby gets during a feeding.

[Register](#)

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