



## Parent Group in English – Spring 2026

Day: Tuesdays

Time: 10-11

Location: BVC group room

January 20 Becoming a Parent: The Early Days

January 27 Feeding Your Baby

February 3 Infections & Vaccinations

February 10 Motorical Development & Safety at Home

February 17 Language Development & Multilingualism

February 24 Walk and talk

March 3 Traveling with Babies/Dental Health/Play time

March 10 Ask the Midwife

March 17 Screen Time & Healthy Habits / Preparing for Preschool

March 24 Fathers' Session: Navigating the New Role

March 31 Postpartum Recovery & Exercise

April 14 Movement Fun for Little Ones



We look forward to  
seeing you!

Liv, Linnea, Kristina  
and Caroline

