

GROW YOUR BABY'S BRAIN

Parenting Workshop

By

Dr Nils and Mrs Jill Bergman

Dates for 2015: Saturdays, **6 June, 1 August, 3 October, 28 November**

Time: 0830-1300

Venue: Conference Room, Vincent Pallotti Hospital, Pinelands

Cost: **R150** per person or **R250** per couple

Babies welcome!

Grow Your Baby's Brain – the latest neuroscience

PROGRAMME

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|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0830 | Registration, tea and coffee . Welcome, introduction, |
| 0845- 0940 | <u>How Your Baby's Brain WORKS</u> Basic brain function, like a computer! Amazing behaviour of baby at birth Brain's own timetable for development Question time |
| 0950 - 1030 | <u>What HARMS Your Baby's Brain</u> Why babies in hospitals are separated from mother Separation and stress effects on the brain Question time |
| 1040 - 1110 | Tea and coffee |
| 1110 - 1150 | <u>What HELPS Your Baby's Brain</u> The role of the sensory environment at birth Breastfeeding, breast milk and the IQ debate Question time |
| 1200 - 1240 | <u>Your Parenting Brain</u> Baby's brain is wired by Mother ! Father's role in this neuroscience Attachment and "developmental parenting" in the first few months Question time |
| 1240 | Question time |
| 1255 | Evaluation (on forms) |
| 1300 | End |

1 Please make the EFT payment by the **Monday before** to secure your place, into the following account

NINO ACADEMY Pty Ltd

Bank FNB (First National Bank)

Branch Claremont

Br code 204209

Account 62391509498

Please send confirmation of payment to jill@ninobirth.org

Book and DVDs will be on sale