

WEEKLY EVENTS

Activities are open to everyone and FREE!

Crafty Tuesday

Tuesdays 11am-12:30pm

Each week we have a new craft project, geared toward ages 2-6. Crafts take 10-20 minutes.

Moms Groups

Fridays 10am-12pm

Weekly playdates are a relaxed time for moms to connect with other moms in the area and a time for kids to play with other children.

MONTHLY EVENTS

Activities listed here are FREE and open to all.

Babywearing Meeting

First Wednesday 10am - March 3, April 14

A casual time to try and see carriers in action. Come with questions or to share your stash. We're in the beginning stages of creating a lending library, so it's a great time to join!

La Leche League Toddler & Tandem

Second Thursday 7pm - March 11

Support group for mothers nursing more than one and/or beyond one year. Call Helen for more information 740-485-2864

Parenting Discussion with Rebecah Freeling

Thursday, March 18, 6:30pm

Parents need a plan! Children are strongly attracted to TV, DVDs, video games, cell phones, and other techno devices. How much is harmful? How much is necessary? What is the best timing for permitting children access to media? And what technologies are appropriate for preschool children? (Hint: In this workshop you'll use a hand drill and an egg beater!)

Columbus Attachment Parents Support Group

Second Saturday 10:30am - March 13

Fourth Thursday 6:30pm - March 25

This month: Nighttime Parenting

MARCH CLASSES

Kids' Cooking Classes

Thursdays in March, 11:15 am

Rachel of HoundsInTheKitchen.com returns with new ingredients and recipes for children to explore. \$4 per child per class. No registration is required.

Cloth Diapers and Baby Carriers

Thursday, March 4, 6:30pm

This 90 minute class will cover both the basics of cloth diapering and options in baby carriers. Perfect for new and expectant parents. \$10 per family registration.

Cloth Diapers 101

Sunday March 14, 2pm

or Saturday March 27, 10:30am

Thinking about using cloth diapers on your little one?

An overview of different types of cloth diapers, use and care. \$10 per family registration required.

Arbonne Baby Skin Care

Tuesday, March 9 or 23, 12pm

MARCH EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 11a Crafty Tuesday	3 10a Babywearing Meeting	4 11:15a Kids' Cooking Class 6:30p Cloth and Carriers Class	5 10a Moms Group	6
7	8	9 11a Crafty Tuesday 12p Baby Skin Care	10	11 11:15a Kids' Cooking Class 7p La Leche League: Toddler & Tandem	12 10a Moms Group \$5/\$10/\$15 SALE	13 10:30a Columbus Attachment Parents
14 2p Cloth Diapers 101 Class \$5/\$10/\$15 SALE	15	16 11a Crafty Tuesday	17	18 11:15a Kids' Cooking Class 6:30p Parenting Discussion: "Mastering Media"	19	20 10a Introduction to Infant Massage 12p Kids Cook
21	22	23 11a Crafty Tuesday 12p Baby Skin Care	24	25 11:15a Kids' Cooking Class 6:30p Columbus Attachment Parents	26 10a Moms Group	27 10:30a Cloth Diapers 101 Class
28 CLOSED EASTER SUNDAY APRIL 4	29	30 11a Crafty Tuesday	31	1 11:15a Kids' Cooking Class 6:30p Mental Health	2 10a Moms Group	

Introduction to Infant Massage

Saturday, March 20, 10:00 am

Introduction to infant massage: Caregivers are invited to bring their infants, (pre-crawling) to learn a full body massage protocol and techniques to help alleviate discomfort associated with gas, teething and other issues. Registration and pre-payment are necessary. Registration fee is \$20 for one adult/infant and \$25 for two adults and one infant. To register contact Melissa Weaver, LMT at melissa@melissaweaverlmt.com or 614.581.5893.

EGGstravaganza

Saturday, March 20, 12:00 pm

All ages can participate in this cooking class including lunch, egg painting and more. \$5 per child, \$15 family max. Email rachel@houndsinthekitchen.com.

Mental Health for Moms

Thursday, April 1, 6:30 pm

This workshop will equip moms and partners with tools and strategies for mental health during pregnancy, baby blues, life changes, work-life balance and more. Babies welcome. Michelle Risser, MSW, LISW



4310 N High Street
Columbus 43214
(614) 26-SPROUT
SproutSoup.com

HOURS

Sun. 1p-5p
Mon. CLOSED
Tues. 10a-6p
Weds. 10a-6p
Thurs. 10a-8p
Fri. 10a-6p
Sat. 10a-5p