

first year



**Inspiration from
the Wednesday
Morning Group in
Bethesda, MD.**

"Attend story hour at your local library or children's bookstore. Organize a potluck-dinner reunion for your childbirth class." —*Lisa Murphy*

"Seek out organizations of mothers, such as La Leche League or a MOMS club (check the yellow pages), and attend their meetings. Keep trying—it took me three groups before I found one I was comfortable with." —*Carrie Klein*

voices from a mothers' group

Great ways to meet other new moms

"Call your town or county recreation departments and see what classes they offer for parents, and infants or toddlers."

—*Diane Boyd Rauber*

"Get toned and connected: Join a pre- or postnatal water aerobics course at the Y or nearby gym. Bobbing around with other expectant and new mothers is good for your health and conducive to making new friends!" —*Maggie Bryson*

"Explore via churches and synagogues to find organi-

zations that offer intellectual stimulation for parents. Weekly speakers and on-site childcare can provide the perfect forum for lasting relationships for you and your baby!"

—*Joan Wolf*

Calling All Mothers' Groups!

Send your creative solutions to common baby problems, along with a phone number, to: Questions & Concerns, *Child*, 110 Fifth Ave., New York, NY 10011. Your group will receive \$75 if we publish your submission.