

Grow With Me™

Grow With Me™ is a series of six, 45-minute, dynamic, instructional classes that provide theory and play activities to promote development during baby's first year of life. Grow With Me is based on the principles of infant development, occupational therapy, and sensory processing.

Grow With Me™ was created and is taught by Tammi Stein, a Pediatric Occupational Therapist with over 13 years of therapy experience and mother of two young children.



Grow With Me™

*A Hands-On Instructional
Class for Moms & Babies*



Grow With Me™

For more information contact:

Tammi B. Stein, OTR/L

Phone: 561-251-7487

Fax: 561-483-2672

Email: info@growwithmeonline.com

www.growwithmeonline.com

Photos by Sonya Prather
www.sonyaprather.com

Classes Taught By:

Tammi B. Stein, OTR/L
Pediatric Occupational Therapist

Grow With Me™

www.growwithmeonline.com

info@growwithmeonline.com

561-251-7487

Grow With Me™

The most important thing we can do for our babies is provide them with the opportunities, activities, and exercises they need to develop and reach their greatest physical and mental potential.

How Parents Will Grow

By taking Grow With Me™ classes, parents will learn to understand the influence that the sensory systems have on baby's development. You will be able to enhance your baby's development by using your awareness of physical milestones during playtime with baby. You will also learn how to protect your joints to avoid wrist and back pain while caring for your baby. You will meet other parents while learning, having fun and enjoying time with your new baby.

* * *

For class schedules, fees and locations, please call us at 561-251-7487 or visit us at www.growwithmeonline.com

How Classes Help Baby Grow

Group I: 0-5 mos. Class

- Overview of the importance of the sensory systems in baby's playtime
- Sensory exploration and stimulation activities for baby
- Developmental milestones and play activities for:
 - Head/Neck Control
 - Tummy Strengthening
 - Sitting
 - Rolling
 - Arm Strengthening
 - Language
 - Cognitive Skills
 - Social/Emotional Growth

Group II: 6-12 mos. Class

- Review the importance of the sensory systems in baby's playtime
- Developmental milestones and play activities for:
 - Tummy Strengthening
 - Sitting Balance
 - Crawling
 - Walking
 - Fine Motor Coordination
 - Language
 - Sign Language
 - Cognitive Skills
 - Social/Emotional Growth

Classes Feature

- Education on Child Development
- Play Activities to Promote Development
- Education on Sensory Integration
- Play Activities to Promote Sensory Integration
- Education on body mechanics and joint protection for parents
- Infant massage
- Sign Language for Baby
- Interactive Songs
- Hand Rhymes

* * *

Private classes for you or your playgroup are also available.



Grow With Me™

For more information contact:
Tammi B. Stein, OTR/L
Phone: 561-251-7487
Fax: 561-483-2672
Email: info@growwithmeonline.com
www.growwithmeonline.com