

# TIGER TOT

## MOMMIES



Join a group of fellow mommies each month to discuss a variety of topics to assist you in caring for your little one.

A baby scale will be at all meetings for you to weigh and keep track of your baby's weight as he/she grows. An IBCLC Lactation Consultant will be available at each meeting to answer breastfeeding questions.

**Support topics include baby yoga, cloth diapering, infant massage, sleep patterns in babies and more.**

Group meetings are free of charge and registration is not required. Light refreshments are provided.

Giveaways and door prizes provided at each meeting.

### DAY GROUPS

10-11 a.m. the second Wednesday of every month

South Providence Medical Park,  
Conference Center, 213-B  
551 E. Southampton Drive, Columbia

### EVENING GROUPS

5:30-6:30 p.m. the first Thursday of every month

MU Women's and Children's Hospital  
Conference Center  
404 Keene Street, Columbia

## QUESTIONS?

CALL (573) 499-6101

EMAIL [tigertotmommies@health.missouri.edu](mailto:tigertotmommies@health.missouri.edu)

VISIT [muhealth.org/tigertot](http://muhealth.org/tigertot)



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