



FOR IMMEDIATE RELEASE

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**PLEASE TOUCH MUSEUM PRESENTS SIX-WEEK 'WELLNESS MAMMA'
WORKSHOP FOR NEW MOMS AND THEIR BABIES**

It's a Boy... It's a Girl...It's what every new mom needs during the huge life transition that is becoming a first-time mother. *Wellness Mamma*, a six-week workshop for new moms and their babies, birth to six months old, debuts at Please Touch Museum on Friday, February 4. Classes will be held each Friday from Feb. 4-March 11, from 11:00 a.m. – 12:30 p.m.

Wellness Mamma sessions are led by Donna Ellenbogen, M.S.Ed, LCSW, ABD, founder of Family Wellness Solutions. Donna is a clinical social worker, parenting coach, professor, wife and mother of two. All sessions feature expert advice along with moms sharing tips on how to tackle the new job of motherhood – a job which often comes with no training. Each 90-minute class takes place in Please Touch Museum's galleries, with one hour of support and 30 minutes of interactive play appropriate for each child's developmental stage.

“Having a new baby, especially your first, can be overwhelming on so many levels,” said Ellenbogen. “This workshop will help moms feel less isolated and more at ease in their new role by fostering discussions on how to gain control, set schedules, and find time for you! Having the classes at Please Touch Museum provides us with an incredible opportunity for moms to embrace their role as their child's first teacher and first playmate. Moms can learn helpful tips on how to engage their child in play and look for developmental milestones along the way.”

“The Wellness Mama series was invaluable as a new mom. I cannot even express the power of a group like this for first time moms in the early stages of motherhood,” said Stacey Gish Wallenstein, who participated in a workshop in New York City. “Donna is not only one of us, being a mom of two young boys, but she is patient, empathetic, funny, and real. She doesn't sugar coat things, she tells you like it is. I highly recommend this series to all new moms.”

Topics covered during the six-week workshop include:

- **Wellness Mamma 101:** Tips on dealing with the loss of control, “will I evers,” and unwanted isolation that often comes with new motherhood.
- **The 4-8-12-16 Rule:** Understanding your child's developmental milestones and what to look for every few weeks.

- **Schedule...WHAT schedule?** How to know when to begin setting a routine, helping your baby sleep longer and making your life easier.
- **Does my spouse *really* live in the same house as me?** Communication tools for even the most sleep-deprived parents.
- **There's spit up on my shirt and my hair has been in a ponytail for two months!** How to feel beautiful when you don't even feel like yourself.
- **Being an "expert" in your child:** Owning your ability to be the expert in your own child beyond anyone else and how to embrace your role as your child's primary teacher.

Registration for the complete six-week workshop is \$200, which includes admission to Please Touch Museum each day. For more information or to register, call 215-581-3165 or visit www.pleasetouchmuseum.org.

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Please Touch Museum® at Memorial Hall, Fairmount Park is dedicated to enriching the lives of children by providing learning opportunities through play. Recognized locally and nationally as one of the best children's museums, Please Touch is open Mondays through Saturdays from 9 a.m. until 5 p.m. and Sundays 11 a.m. -5 p.m. Admission is \$15 for adults and children age one and over. Children under one are free. For more information, please call 215-581-3181, or visit www.pleasetouchmuseum.org.