

WEEKLY EVENTS

Activities are open to everyone and FREE!

Crafty Tuesday

Tuesdays 11am-1230pm

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.

Dad's Coffee

First Wednesday 10am - February 6

Hey dad! Let mom sleep in! Bring the kids over to Sprout Soup for play time. The coffee's on us.

Babywearing Meeting

First Wednesday 10am - February 3, March 3

A casual time to try and see carriers in action. Come with questions or to share your stash.

La Leche League Toddler & Tandem

Second Thursday 7pm - February 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, February 18, 6:30pm

"Storytelling with Children" Come learn to access the magic you have within to create stories which will carry your family through celebrations, trials, daily life and growing pains.

Columbus Attachment Parents Support Group

Second Saturday 10:30am - February 13

Fourth Thursday 6:30pm - February 25

This month: Pre- and Post-partum Depression

FEBRUARY CLASSES

Kids' Cooking Classes

Thursdays in February and 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 required.

Introduction to Baby Signing

Saturday, February 27, 10:00 am

Caregivers and infants are invited to experience the many benefits of baby signing. This interactive workshop teaches parents to "open the door" of early communication with their child. Class size is limited, registration required. \$20 fee per family, includes 2 adults and infant (sorry, no siblings.) To register, contact Karen Knight at 614-563-4620 or kknight2929@yahoo.com.

Cooking With Kids: Why, What and How

Sunday, February 28, 1:00 pm

Please join Rachel of HoundsInTheKitchen.com (our Kids' Cooking Class Instructor) to learn tips and tricks for involving your whole family in meal preparation.

This workshop is for adults only and is free!

FEBRUARY EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 11a Crafty Tuesday	3 10a Babywearing Meeting	4 11:15a Kids' Cooking Class	5 10a Moms Group	6 10a Dad's Coffee
		ITEM DROP-OFF FOR FEBRUARY		SPROUT SWAP.	SEE WEBSITE FOR DETAILS.	
7 2p Cloth Diapers 101 Class	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	13 10a Cloth Diapers 101 Class 10:30a Columbus Attachment Parents
		ITEM DROP-OFF FOR FEBRUARY		SPROUT SWAP.	SEE WEBSITE FOR DETAILS.	
14 	15	16 11a Crafty Tuesday	17	18 11:15a Kids' Cooking Class 6:30p Parenting Discussion: "Storytelling with Children"	19	20 Sprout Swap! 10a-6pm Friday 10a-5pm Saturday
21 Sprout Swap! Discount Day 1-5p Sunday	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
28 1p Cooking with Kids - A Workshop for Parents	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 10a Dad's Coffee

Cloth Diapers 101

Sunday February 7, 2pm or Saturday February 13, 10am
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.

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.

Arbonne Baby Care

Tuesday, February 9 or 23, 12pm

SPECIAL EVENTS

Valentines Day Celebration

Saturday, February 13, 12-2pm
Bring the kids for handmade Valentines, games and fun!

Sprout Swap

Dates to remember:
Drop off ends February 13
Swap February 19-21, normal business hours
Discount Day February 21
Pick up February 25-March 14



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

HOURS

Sun. 1p-5p
Mon. CLOSED
Tue. 10a-6p
Wed. 10a-6p
Thurs. 10a-8p
Fri. 10a-6p
Sat. 10a-5p

sprout scoop

What's new, cool and happening at Sprout Soup

PREPARING FOR THE SWAP: HOW TO GET THE BEST PRICE

Following a few simple steps will ensure that you get the best return on your investment and will be able to sell a large percentage of your items at the swap.

First, make sure your items are clean. This seems like a no-brainer, but do your best to remove stains and smells. Wash and iron baby carriers. Make your diapers nice and presentable. How your diapers feel will also affect their draw. If your diapers feel sticky or crunchy, make sure there is no detergent build-up by doing a few hot washes and rinses with no detergent. You can fluff dry diapers in the dryer by adding tennis balls or

specially designed dryer balls to the load. Package like items together. If you have six or more similar diapers to sell, consider packaging them together in batches of 2-6 items. This will increase the likelihood that more of your items will sell. If you have the original instructions for your carrier, secure them together with string or package in a clear bag.

Finally, price reasonably. Even though you paid \$20 for that adorable custom all-in-one, don't expect someone else to pay that after you have used it for six months. Start with 50-60% of the purchase price, then look honestly at your items and deduct for stains and signs of wear.

Valentine's Event Kids! Have your parents bring you to Sprout Soup on Saturday, February 13 to make Valentine's Day cards for your loved ones. We'll provide the supplies, you provide the love.

Marti Gras Craft time on February 23 will be a Marti Gras celebration! We'll have some jazzy music, make some fabulous masks, share some King Cake and have a great time.

HAPPY VALENTINE'S DAY!



PRE- AND POST-PARTUM DEPRESSION

Being pregnant, or the birth of a baby can trigger a jumble of powerful emotions, from excitement and joy to fear and anxiety. But it can also result in something you might not expect — depression.

Some moms can develop symptoms of depression while pregnant, and some new moms experience the baby blues, a mild, short-lived depression for a few days or weeks after childbirth. According to the American College of Obstetricians and Gynecologists, about 10 percent of new moms experience postpartum depression — a more severe form of depression that can develop within the first six months after giving birth. For women

with postpartum depression, feelings such as sadness, anxiety and restlessness can be so strong that they interfere with daily tasks.

Experiencing depression after childbirth isn't a character flaw or a weakness. Sometimes it's simply part of giving birth. If you're depressed, prompt treatment can help you manage your symptoms-and enjoy your baby. (information taken from <http://www.nlm.nih.gov/medlineplus/postpartumdepression.html>)

We will be discussing Pre & Post-Natal Depression at the Columbus Attachment Parents meeting, Saturday, 2/13 at 10:30am or Thursday, 2/25 at 6:30pm.

HOURS

Sunday 1-5p
Monday CLOSED
Tuesday 10a-6p
Wednesday 10a-6p
Thursday 10a-8p
Friday 10a-6p
Saturday 10a-5p

sprout soup

4310 N High Street
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SproutSoup.com

Get Sprout Scoop in your inbox
Sign up at SproutSoup.com

Charlie's Soap Laundry Powder is now available in bulk. Bring your own container and we'll fill it with 2.5 pounds (80 loads) for \$11.95

SPROUT SWAP - FEBRUARY 19-21, 2010

Wondering what to do with your baby's diapers now that he is using the potty? Has your daughter grown out of her covers? Have a sling or carrier you no longer use? Or do you need diapers, covers or such? Then you're in luck because it's time for the Sprout Soup Swap!

Bring in your gently used diapers, covers, slings and nursing gear. If your item sells, you

will receive 100% of the selling price in store credit, or you may choose 80% in cash.

The previous two swaps that we have hosted have been so popular, with moms lining up outside on the first day to get the first look at what's available!

If you would like to include your items in the swap, please go online to the Sprout Soup website www.SproutSoup.com where you will find a link to swap information. You will need to enter each of your items in the online form before dropping them off at Sprout Soup.

All swap participants will be contacted after the swap when items and credits are ready for pickup. Please note that all items must be picked up by March 14th or they will be donated. March 14th is also the last date to pick up your cash or store credit. Please help the swap run as smoothly as possible by respecting these deadlines.

IMPORTANT DATES

Last Day to Drop Off: February 13

Swap Dates: February 19-21

Discount Day: February 21

Item Pickup: February 25-March 14

A CLOSER LOOK MOBY WRAP

We know there is no better way to care for your infant than

by keeping them close to your heart. Carrying stimulates brain growth, provides security and calms fussy babies. Our top-pick for expectant parents and newborns is the Moby Wrap. A simple stretchy cloth that wraps around you and baby creating a comfortable and secure swaddle. Starting at \$39.95



WINTER CLEARANCE ITEMS

ISABOOTIES - \$19.95
Vegan Soft Sole Shoes.

STONZ BOOTS - \$34.95
Soft sole weatherproof outer shoes.

GOODBYN - \$23.95
Bento-style lunch for grade schoolers.

ALL HAPPY GREEN BEE - 40% OFF
Organic toddler clothes in fun stripes.
Sweaters \$16.80
Pants \$10.80
Petal Dress \$21.60
Tights \$5.70

Stop in the store for an up-to-date listing of our sale items.