

SQUARE ONE FAQ

Q: Why is Square One for the first baby and the first five months?

Square One is particularly meant to support women as they first become mothers. The issues of concern change after the first few months and after having your first baby. We want our discussions to be relevant and helpful for mothers in the earliest stages of parenting, not diverted to other topics that come later. Additionally, as babies become mobile, it becomes increasingly difficult for mothers to participate in discussions as they are entertaining and chasing their little moving target. We also try to avoid an older baby getting in the space of a very young infant.

Q: Do I bring my baby? Is it ok to attend before baby has had shots?

YES, bring your baby with you. You will keep your baby with you the entire time you are at Square One: in your arms, worn in a wrap, or in their stroller or car seat. If you are allowed to go to the grocery store or Target with your baby, come to Square One.

When a baby is fussy, a Square One Team Member may offer to hold or walk with your baby to give you opportunity to listen and discuss the topic. This is optional, your choice. Team members are all experienced moms, have had background checks as part of their application process to join the team, and will always be in a public place with the baby (for example, walking in the hall outside of the small group rooms).

If your baby was pre-term or is at-risk, you will want to be more cautious about being out with baby. If you have childcare available, it is fine to leave baby with someone while you attend Square One.

Q: What if my baby will need to be fed during a Square One class?

Most babies will have a feeding sometime during the morning. You are welcome to breastfeed your baby in Square One rooms with or without a nursing cover—you won't be the only one! There is a nursing mom's room on the first floor of the Town Center, and also one in the Children's Red area.

If you are bottle-feeding, we will show you where you can access hot water and a styrofoam cup to warm your baby's bottle.



Q: I'll be going back to work before Square One ends. Should I participate if I can only attend part of the session?

Ideally we would like you to attend all seven weeks, but if you are unable to do so, please come when and as long as you can. Attending for even a few weeks will give you a chance to meet and connect with other new moms, and you'll be in their communication group for discussion and events outside of and after Square One.

If there is a chance your work might be flexible for a short time, you could ask for Thursday mornings off until the end of the Square One session. Some women have taken their baby to childcare, attended Square One without baby, then gone directly to work on Thursday mornings to finish the session with their group.

Q: The fee of \$30 is a lot for our family to pay at this time, what can I do?

Your fee is used for a Square One booklet, the Anchored New Mom Devotional booklet, light snacks, and primarily to offset the cost of Kid's Ministry for Square One volunteers. (Watermark does not charge volunteers for Kid's Ministry while volunteering.) If the fee is a problem, please let us know. We do not want the cost to prevent you from coming to Square One!

Q: Based on my due date, I could attend either one of 2 sessions. Should I attend earlier or later?

Most women who have attended Square One would say that attending while baby is in the early weeks and months is the best idea, as that early phase is when they were most in need of fellowship and support. It is not as helpful to begin to attend during pregnancy and return a few weeks after delivery. Attend the earliest session that you can attend after baby's arrival, unless there are circumstances that prevent that.

Q: We'll be moving soon. Which address should I use when I register?

If you have a closing date or a move-in date, use your new address. We group geographically and you'll get to be with others close to you (as much as available for that session). If you are planning to move but have not found your new home, sign up with your current address. Before Square One was large enough to break up into small groups and met in one room, moms came from all over the metroplex and connected into deep, lasting friendships—it's actually more about the shared circumstances than geography.



Q: A friend of mine will be attending Square One with me. Can we be placed in the same small group?

We group geographically, so if you live near one another that might happen. If you don't live near one another, one of the two of you will not be with the moms who live near her. If we put your friend in your group, one who doesn't live in that area, she takes a spot from someone who does live there. Some attendees are remotely located and don't live very near others, and they might be placed in any one of several groups.

One idea is to meet with friends before for coffee or after for lunch but join the group that is geographical. Make new friends and keep the old!

