

NEW PARENT SUPPORT PROGRAM

BABY BASICS



BABY BASICS IS A FAST PACED ALL DAY CLASS THAT PROVIDES INFORMATION ON LABOR AND DELIVERY, POSTPARTUM, BREASTFEEDING AND SAFETY FOR BABIES FROM PREGNANCY TO 12 MONTHS. THE CLASS ALSO EMPHASIZES THE FATHER'S INVOLVEMENT AND INCLUDES INTERACTIVE DEMONSTRATIONS OF BASIC INFANT CARE, SUCH AS BATHING, DIAPERING AND SOOTHING A CRYING BABY. THE CLASS IS PROVIDED TO EXPECTANT PARENTS (BOTH COUPLES AND SINGLES). THIS CLASS COMBINES MOMMY'S BASIC TRAINING AND DADDY'S BABY BOOT CAMP.

PARTICIPANTS MUST REGISTER PRIOR TO ATTENDING.
FOR LOCATION, MORE INFORMATION OR TO REGISTER,
CALL 830-7622

CLASSES ARE OFFERED ON
THE FOLLOWING DAYS:

JANUARY 5TH
FEBRUARY 2ND
MARCH 7TH
APRIL 6TH
MAY 10TH
JUNE 7TH

