



FREE CLASS

Great Beginnings with Your Baby

Classes are typically held on Monday evenings for 4 weeks

5:30 PM–7:30 PM

Recommended to take classes when you are 30-32 weeks (6-7 months) of pregnancy

- Registration is requested
- No one is turned away
- Minimum of 5 participants
- No maximum

Register by calling:

910-989-3901

or

910-989-0336

or

www.onslowkids.org

Consolidated Human Services Agency
Onslow County Health Department

612 College Street

Jacksonville, NC 28540

910-347-2154

Note:

Parenting classes are normally held on **Mondays**; however, may be subject to change due to holidays, unexpected circumstances and/or inclement weather. Participants should call (910) 989-3901 prior to attending a class to confirm dates and location.

Topics Covered Include:

- Getting it Right the 1st Time
 - Brain Development
 - Preparing for Baby's Arrival
 - Normal Newborn Care & Health
- Feeding and Nutrition for the 1st Year
 - Keeping Your Child Safe
- Sudden Infant Death Syndrome (SIDS)
 - The Period of Purple Crying
 - Shaken Baby Syndrome
 - What Can I Expect?
 - When to be Concerned?
- What Resources are Available for Families?



AUGUST CLASS	8/6	8/20	8/27	
OCTOBER CLASSES	CANCELLED			
NOVEMBER CLASSES	11/15	11/19	12/3	12/10
JANUARY CLASSES	CANCELLED			
MARCH CLASSES	3/4	3/11	3/18	3/25
MAY CLASSES	4/29	5/6	5/13	5/20
JUNE CLASSES	6/3	6/10	6/17	6/24

Offered through:

