



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
- No maximum

Register by calling:

910-989-3901

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?



MARCH CLASSES	3/9	3/16	3/23	3/30
APRIL/MAY CLASSES	4/20	4/27	5/4	5/11
JUNE CLASSES	6/8	6/15	6/22	6/29