



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?



| | | | | |
|-------------------|-------|-------|------|-------|
| JULY/AUG CLASSES | 7/22 | 7/29 | 8/5 | 8/12 |
| SEPTEMBER CLASSES | 9/9 | 9/16 | 9/23 | 9/30 |
| OCT/NOV CLASSES | 10/21 | 10/28 | 11/4 | 11/18 |
| JANUARY CLASSES | 1/6 | 1/13 | 1/20 | 1/27 |

Offered through:

