



The Baby Care Workshop™

FREE Introduction to the Baby Care Workshop

Happy families aren't born.....
they're made, one day at a time.

The Baby Care Workshop is designed to provide the basic skills that are vital for newborn care. Written, developed, and previewed in collaboration with a pediatrician, a nurse practitioner, a clinical nurse specialist in maternal child health, childbirth educators, and new and experienced parents.

These workshops will teach you techniques for:

- Calming Your Baby
- Feeding Your Baby
- Handling, Diapering, & Dressing
 - When Your Baby is Sick
 - Safe & Sound
 - Play Time & Bath Time
 - Postpartum Care
 - Sibling Preparation

At the Baby and Me Group Wednesday March 23

12:30-2:00

Flagstaff Birth and Women's Center

401 W Aspen Ave, Flagstaff, AZ 86001

Call today to register: 928-773-9133



CPLC PARENTING ARIZONA™
Safe children. Strong families.