

Join Our Classes!

New Moms and Dads

Meet

Share

Learn

Register at

www.birthandbabies.com

Or 403-955-1450 and 1-866-471-7011

Join our Classes!

“Baby and You” for Moms “Daddies and Babies”

Socialize! Learn! Share about parenting!
Meet other new parents in your community

What we offer in these classes:

- Share the challenges and joys of becoming a parent
- How to support baby’s developing sleep patterns
- When and how to start solid foods for your baby
- Play with baby and what is “serve and return”?
- Supporting early brain development
- Positive and negative stress on infant development
- Keeping your baby safe and baby proofing
- Attachment and temperament
- Common infant illnesses
- Childcare and locating resources
- Building community for your new family

- ✓ **Check mark your interests**
- ✓ **Register for class**
- ✓ **Give this checklist to the educator at your first class**

Alberta Health Services Community Educators

**Providing trusted, current prenatal and early
parenting education**