## **New Parent Connection**

## Support & Information for Happy, Healthy Babies & Parents



## Daytime, Evening & Saturdays at Woodwinds Health Campus

What is typical for my baby?

What is typical for me?

Feeding

Sleeping (or not sleeping!)

How the brain develops

Relationship changes after baby's arrival

"New parent" feelings

Child development

The demands of a newborn

## Designed for parents and their babies - up to six months old

New Parent Connection offers support and information to new parents during the exciting and challenging period of transition following the birth of their baby. The group is facilitated by an Early Childhood Family Education Infant Specialist. Each week you will have an opportunity to ask questions and share experiences with other new parents. A scale to weigh your baby is also available. ~ No Registration Is Necessary ~You may join the group at any time.

A follow-up class for parents and infants ages 3-6 month and an Infant Massage class will also be held at Woodwinds Health Campus. Call 651-768-5330 for class dates and times.

Sponsored by Early Childhood Family Education (ECFE) and Woodwinds Health Campus

For more information, please call 651-768-5330

