

New Baby ~ New Parent

Early Childhood Family Education (ECFE) along with Woodwinds Health Campus offers **New Parent Connection** designed for parents and their babies, birth to six months of age.

Join us every
Tuesday, 12:30-1:30 pm
at Woodwinds Health Campus



Topics of discussion include:

What is typical for my baby? What is typical for me? Feeding.
Sleeping (or not sleeping!) How the brain develops.
Relationship changes after the baby's arrival.
"New parent" feelings. Child development.
The demands of a newborn.

~ No Registration Is Necessary ~
You may join the group at any time

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.

A follow-up class for parents and infants ages 3-6 months is held on Tuesdays from 2-3pm at Woodwinds Health Campus.

For more information, please call 651-768-5330