

FREE Newborn Classes for expecting & new parents at Suffolk Pediatrics

Baby Care 101

Learn to provide a safe and secure environment for your infant. Learn about bathing and comforting your baby, belly button and diaper care, positioning your baby for sleep, and general household and car seat safety tips; lots of opportunities to ask questions about the first year of life. Meet our pediatricians and tour our office.

Class is held from 4:30—6:00 p.m. on each of the following Mondays in:

2019-	September 30	October 28
	November 25	
2020-	January 27	March 30
	May 18	July 27
	September 28	November 30

Suffolk Pediatrics



A practice of

**Children's Hospital
of The King's Daughters**

Health System



1009 Hillpoint Boulevard South * Suffolk, Virginia 23434

CHKD.org/suffolkpediatrics

757-668-2250

Register at chkd.org/classes

9/2019