



Birth and Beyond

A Healthy Start for New Families

Incredible Infants

Parent Support Classes

Welcoming a new baby into your home is exciting! The **Incredible Infants** course is six weeks of classes held in a supportive, baby-friendly environment. The Birth and Beyond program is designed to answer some of your questions, connect you with resources and other local families. It could be just what your family needs to settle in with your new baby!

Give your family a healthy start - join one of our classes!

Welcome Baby! Celebrate new life! Get to know the other new parents and babies. Learn how to ‘wear’ your baby.

Essential Beginnings Learn about the Ages and Stages Questionnaire (ASQ) and your baby’s important developmental milestones. Discover how to help your baby view the world as a safe place, where she can count on others to respect and respond to their needs.

Nurturing Yourself and Your Family Learn ways to nurture yourself and your adult relationships, and how this benefits the whole family.

Helping Your Baby Grow Learn how understanding, accepting, and respecting your baby’s individual needs helps him grow. Learn the importance of reading to your baby early on, to encourage brain development, language and social skills.

What Baby Needs Learn about the risks and benefits of immunizations. Discover ‘Baby Signs’!

Infant Safety Learn about Infant CPR with a certified CPR Educator. Discuss the important role you play as a teacher and guide, helping your baby become capable and confident.

Course Number	Course Dates (2013)	Babies Born in:
1	January 9 th - February 13 th	October/November/December
2	February 20 th - March 27 th	December/January/February
3	April 3 rd - May 8 th	January/February/March
4	May 15 th - June 19 th	February/March/April
5	June 26 th - July 31 st	April/May/June
6	August 7 - September 11 th	May/June/July
7	September 18 th - October 23 rd	June/July/August
8	October 30 th - December 11 th	August/September/October

There is time each week of the **Incredible Infants** course to talk about what you are experiencing as new parents. Each class is flexible and can be tailored to what interests you most!

Incredible Infants classes are held:
 Wednesdays, 4:15 - 5:45 p.m.
 Del Norte Family Resource Center
 494 Pacific Ave., Crescent City
 707.464.5500

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