

# baby BOOTCAMP

# 2022

8AM-4PM

JAN  
18

FEB  
10

MAR  
10

APR  
14

MAY  
12

JUN  
9

JUL  
14

AUG  
11

SEP  
8

OCT  
13

NOV  
8

Baby Boot Camp is a full-day class designed to provide parents with an understanding of their infant's world, along with basic skills necessary in making the transition to parenthood.

## TOPICS

- POSTPARTUM
- PERIOD OF PURPLE CRYING
- SHAKEN BABY SYNDROME (SBS)
- SUDDEN INFANT DEATH SYNDROME (SIDS)
- BASIC INFANT CARE
- BABY SAFETY
- PARENTAL SELF-CARE

Registration deadline is 7 days before each class.

