Roosevelt Early Childhood Family Resource Center Presents:

FREE BABY CARE WORKSHOPS

(FOR EXPECTING MOTHERS, FATHERS and PRIMARY INFANT CAREGIVERS)

Pregnancy, Burping, diapering and calming baby are some of the topics that will be covered.

CLASS SCHEDULE:
Session 1. Pregnancy · Labor · Birth · Comfort Techniques
Session 2. Medical Procedures · Cesarean · Newborns · Postpartum
Session 3. Breastfeeding
Session 4. Mother & Baby Care · First Two Weeks
Session 5. Newborn Care · First Six weeks
Session 6. Baby Interaction 7 to 15 Weeks old

MONDAY 10:30AM-12:00PM

PLACE:
Martin Luther King, Jr. School
4615 South 22nd Street
Phoenix, AZ 85040
*In the cafeteria building

COMPLETE MINIMUM OF 3 WORKSHOPS AND YOU WILL RECEIVE A BOX OF FREE DIAPERS (60CT)

To register, please call:
602-980-3692

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting (Virginia James, 602-980-3692). Requests should be made as early as possible to allow time to arrange the accommodation.

MADE POSSIBLE BY:

FIRST THINGS FIRST
www.aftf.gov

ARIZONA COOPERATIVE EXTENSION
Maricopa County

This program is being brought to you by First Things First (FTF), approved by Arizona voters, works to ensure that our youngest children have access to quality early childhood experiences so they will start school healthy and ready to succeed. www.aftf.gov

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Economic Development & Extension, College of Agriculture and Life Sciences, The University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities. Rev 9/22/2013
Roosevelt Early Childhood Family Resource Center presenta:

Talleres gratuitos sobre cuidado del bebé

(PARA MADRES EMBARAZADAS, PADRES Y ENCARGADOS DE ALGUN BEBÉ)

Hacer eructar, cambiar pañales y calmar bebé son algunos de los temas que se tratarán.

HORARIO DE CLASES:
Sesión 1. Embarazo · El Parto · El Nacimiento Técnicas de ayuda.
Sesión 2. Procedimientos Médicos · recién nacidos cesárea · posparto.
Sesión 3. Lactancia Materna.
Sesión 5. Cuidado del recién nacido · durante las primeras seis semanas.
Sesión 6. Interacción con los bebés de 7 a 15 semanas.

LUGAR:
Martin Luther King, Jr. School
4615 South 22nd Street
Phoenix, AZ 85040 - 2595

Las personas con discapacidad pueden solicitar una acomodación razonable, como un intérprete de lengua de señas, poniéndose en contacto con Virginia James. (602) 980-3692 Solicitud debe hacerse tan pronto como sea posible para tener tiempo de organizar el alojamiento.

Llamarn para registrarse
602-980-3692

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www.azftf.gov

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