

A Course For New Parents & Babies

Presented to you by

PARENTS CENTRE



Start Dates 2010

26th January
23rd March
11th May
29th June
14th September
16th November

Baby & You



LEARN KEY TIPS TO DEVELOP & CARE FOR YOUR BABY & YOURSELF DURING THE FIRST 4 MONTHS

Feeding & Sleeping

Learn how to determine your baby's 'tired signs' and other useful feeding and sleeping tips for surviving and enjoying the first months.

Changes: Physical & Emotional

Learn about the physical and emotional changes going on within yourself, your life and your relationship. Useful tips on how to survive those first few months with a new baby.

CPR & First Aid

Learn how to execute CPR and choking procedures for babies. General first aid, issues such as poisons, burns and accidents will also be discussed.

Infant Health

A doctor will cover common infant health complaints including nappy rash, fevers, cradle cap, ear infections, thrush and answer your questions.

Child Development / Baby Massage

Learn major developmental stages for your baby and ideas to stimulate their mind. Have a fun session where you will learn about basic baby massage for your baby's enjoyment.

Venue: Parents Place,
87 Boundary Road,
Hamilton.

Time: 10.00am - 12.00pm

Day: Every Tuesday Over 5 weeks

Cost: \$40 Parents Centre Member
\$60 Non Member

Come along with your new baby for a fun, light-hearted, real life learning experience!

Please register me for the next Hamilton Parents Centre Baby & You Course

Either Call: 07 852 5088 or email: nicci.clark@hotmail.com

OR complete this section and send to: Baby & You Course, C/- Nicci Delahunty, 19 Hillary Street, Chedworth Park, Hamilton.

Your Full Name: _____

\$40 Parents Centre Member

Your Baby's D.O.B./Due Date: _____

Your Member No.: _____

Baby's Name: _____

\$60 Non Member

Address: _____

Phone No.: _____

Email Address: _____

Internet Banking: Westpac 03-1557-0019969-00 Please use Surname and B&Y as reference

We will confirm your place as soon as possible.

Please try to book early, as the course is popular.

Hamilton Parents Centre looks forward to seeing you and your baby on this course