Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting (Elisabeth Williams, 602-396-9192). Requests should be made as early as possible to allow time to arrange the accommodation.

CLASS SCHEDULE:
Session 1. Calming Baby, Baby Massage, Skin to Skin, Baby cues, Bonding

Session 2. Breastfeeding, Bottle feeding, Diapering, Bathing, Sleep, Tummy Time

Session 3. Post Partum Care, Well Child Visits, Infant Development up to 4 months

THURSDAY 5:00-6:30pm

Partners and support people welcome!

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

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

To register, please call:
602-980-3692

MADE POSSIBLE BY:

FIRST THINGS FIRST
www.azftf.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.azftf.gov

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Ready, Set, Grow

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. Calmar al bebé, Masaje para bebé · Contacto de piel a piel · Entender las señales del bebé, Vinculación
- Sesión 2. Lactancia Materna, Alimentación con biberón, como cambiar los pañales, como bañar Al bebé, Patrones de Sueño saludable para el bebé · Tiempo boca bajo
- Sesión 3. Visitas al con el pediatra, Desarrollo Infantil hasta los 4 meses. Martes 5:00-6:30pm

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

Llamar para registrarse
602-980-3692

Las personas con discapacidad pueden solicitar una acomodación razonable, como un intérprete de lenguaje 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.

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REPRESENTING THE SPANISH COMMUNITY

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