



From Prenatal to Parenting: A Nurturing Families Prenatal Program

*Tuesday Evenings
6-8pm*

8 sessions

*July 2 through August 27,
2013 (no class July 16)*

*Please register by calling
or emailing Jen at
860-679-4114 or
nurturingfamilies@uchc.edu*

Class still has openings!!

This program will be held in the
**The Exchange building— just
across the street from the
hospital.
Easy parking and building
accessibility!**



Dear Expecting Moms and Dads,
We invite you to join us for an enjoyable and informational 8-session group program as you prepare to become a new parent. This class does not replace hospital childbirth preparation classes. Our focus will be on understanding infants and parent-infant relationship. Topics include...

- * Pregnancy and parenting adjustment
- * Parent-child attachment
- * Infant crying, feeding, sleeping
- * Infant development
- * Establishing routines
- * Postpartum planning/ community resources

Becoming a new parent is exciting and challenging, together we'll learn what to expect - from welcoming your baby(ies) to first steps. Parents receive free materials.

Our programs are free and open to the public.



A program of the Children's Trust
Fund

www.take5parenting.com