

BABY 101: WHAT TO EXPECT WITH YOUR NEWBORN

Nervous about having a baby? Worried you won't know what to do? Not sure where to get the best advice?

Come meet the best pediatricians in your neighborhood at a **free virtual class** and get all of your questions answered about:

- Pre- and postnatal care
- Breast-feeding support
- Establishing a sleep schedule, diapers, bathing, bowel movements, colic, newborn skin care, feeding, COVID-19 and your baby and more
- What's normal...and when to call your pediatrician

THE DETAILS:

COST: This virtual class is free and open to all expectant parents.

WHEN: Wednesday, July 22, 2020
6pm

HOW: via ZOOM

- Link to class will be emailed to all registered participants.
- Participants must have a digital device, valid email address, access to the Internet and WiFi in order to see the class slides.

TO REGISTER:
CALL 858-636-4300

Class size is limited to 20 participants.
Affiliated with Rady Children's Health Network

