

# What do you do once you get home?



Your New Baby is a **FREE** course for expectant parents to help you survive the first 6 weeks.

Held over 2 sessions, this course includes discussions topics such as:

- The job of the parent (Coping with change and challenges)
- How baby communicates (tired cries, hungry cries etc.)
- Nutrition and breastfeeding
- Baby basics (bathing, dressing baby, nappies, moving with baby, car seats, strollers and packs)
- Support (Well Child Service, support in the first 6 weeks, immunisation)

**Star of the Sea Building**  
**20 Granger Road, Howick**  
**Saturday 16 and 23 May**  
**9am – 12pm**



This is a free course. To book a place or for more information phone Shelley on 534 4332

