

Prepared Parents 2017



Prepared Parents is a free comprehensive, eight-week educational program designed to prepare the expectant parent and their support person for the journey into parenthood.

Date	Topic	Time
September 20	Childbirth Education	6-8pm
September 27	Childbirth Education	6-8pm
October 4	Childbirth Education	6-8pm
October 11	Postpartum Care, Family Planning, Breastfeeding	6-8pm
October 18	Getting to know your newborn, Attachment and Bonding, Sleep	6-8pm
October 25	Infant Massage, Baby wearing, Calming Techniques	6-8pm
November 1	Infant development, Positive Discipline	6-8pm
November 8	Car seat safety, safety at home	6-8pm

For more information visit: www.fcs-midland.org
to register call 989.631.5390