

Prepared Parents 2018

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
May 2	Childbirth Education	6-8pm
May 9	Childbirth Education	6-8pm
May 16	Childbirth Education	6-8pm
May 23	Postpartum Care, Family Planning, Breastfeeding	6-8pm
May 30	Getting to know your newborn, Attachment and Bonding, Sleep	6-8pm
June 6	Infant Massage, Baby wearing, Calming Techniques	6-8pm
June 13	Infant development, Positive Discipline	6-8pm
June 20	Car seat safety, safety at home	6-8pm

For more information visit: www.fcs-midland.org

To register call 989.631.5390