

# Understanding Your Newborn

*Empowering Your  
Experience as a New Parent*



## Class Dates

- March 12, 2026
- June 11, 2026
- September 10, 2026
- December 10, 2026

All classes will be from 4:30pm - 6:30pm.

All classes will be at Redington-Fairview  
General Hospital.

## Topics Covered

- ✓ Newborn Traits
- ✓ Newborn Behaviors
- ✓ Crying & Comforting
- ✓ Feeding
- ✓ Diapering
- ✓ Bathing, Nail Care and Dressing
- ✓ Newborn Health
- ✓ Newborn Safety

To sign up,  
please call:



(207) 858-2318