

***Babies are born without a manual...
We know that caring for a newborn can be a challenge!!
It will be exhausting and at times puzzling!
But it is important to remember that a mother's care ...
is the foundation from which all development springs.
It is important to bond with your baby!***



***Join us for
Baby Talk 101:
How to Stimulate and Bond with your Infant***

Parenting Workshop Topics:

Week 1: Bonding?? Why is it important? How do I foster it?

Week 2: The Power of Touch: What it does for your Baby!

Week 3: Swaddling for survival: What it does for your baby!

Week 4: Stimulation and Developmental Milestones: Reaching the Goal!!

When and Where:

*Every **Wednesday** 1pm-2pm
in the NICU Conference Room*

Snacks and refreshments will be served!