

Pediatrics West<sub>PC</sub> Offers a **FREE** Program for Expectant Parents



# Tiny Fingers Tiny Toes

Everything you should know about your newborn

**These informational, hands-on classes include the following topics:**

- **Newborn Appearance:** All about your newborn head to toe
- **Baby Care Basics:** Caring for your newborn from swaddling, diapering, feeding, and common conditions
- **Safety:** SIDS, car seats, household dangers, and Shaken Baby Syndrome
- **What to expect during visits with your pediatrician**

Free gift bag filled with samples and supplies will be provided

**Due to the COVID-19 pandemic we are offering class virtually with the hopes that we will be able to offer in person again ASAP**

**Guidelines change quickly and we will inform each class if they will be in person or virtual**

**Class Time: 9AM – 1PM**

## Groton Dates:

|                           |                             |
|---------------------------|-----------------------------|
| Saturday January 9, 2021  | July 2021 NO CLASSES        |
| Saturday February 6, 2021 | August 2021 NO CLASSES      |
| Saturday March 6, 2021    | Saturday September 11, 2021 |
| Saturday April 3, 2021    | Saturday October 2, 2021    |
| Saturday May 1, 2021      | Saturday November 6, 2021   |
| Saturday June 5, 2021     | Saturday December 4, 2021   |

## Fitchburg Dates:

|                         |                    |
|-------------------------|--------------------|
| Saturday March 20, 2021 | September 25, 2021 |
| Saturday June 19, 2021  | December 11, 2021  |

All required materials will be supplied at the class

For virtual classes supplies will be dropped off at your doorstep the week of the class

To sign up for classes or find out more information please call 978-577-0479 or email [TFTT@Pediatricswest.com](mailto:TFTT@Pediatricswest.com)