

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 continue to be a masked facility.

Guidelines change quickly and we will inform each class of any changes.

**Class Time: 9AM – 1PM**

**Groton Dates: 120 Boston Rd. Groton, MA 01450**

Saturday January 14, 2023	July 2023 NO CLASSES
Saturday February 11, 2023	August 2023 NO CLASSES
Saturday March 11, 2023	Saturday September 9, 2023
Saturday April 8, 2023	Saturday October 7, 2023
Saturday May 13, 2023	Saturday November 4, 2023
Saturday June 3, 2023	Saturday December 9, 2023

**Fitchburg Dates: 19 Pierce Ave. Fitchburg, MA 01420**

Saturday January 21, 2023	Saturday July 29, 2023
Saturday March 25, 2023	Saturday September 16, 2023
Saturday May 20, 2023	Saturday November 4, 2023

All required materials will be supplied at the class

To register for a class please visit [www.pediatricswest.com](http://www.pediatricswest.com)

Click on: education, expectant parents and click on registration