

Pediatrics West^{PC} 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

NEW FOR 2024: For select Groton classes we will be able to certify that your car seat is properly installed per the National Highway Traffic Safety Administration guidelines. Certified staff are not available at all classes so if interested please inquire.

Class Time: 9AM – 1PM

Groton Dates:

Saturday January 13, 2024	July 2024 NO CLASSES
Saturday February 10, 2024	August 2024 NO CLASSES
Saturday March 9, 2024	Saturday September 14, 2024
Saturday April 13, 2024	Saturday October 12, 2024
Saturday May 11, 2024	Saturday November 2, 2024
Saturday June 1, 2024	Saturday December 14, 2024

Fitchburg Dates:

Saturday August 10, 2024	Saturday October, 19, 2024
Saturday September 21, 2024	Saturday December 14, 2024

All required materials will be supplied at the class

To sign up for classes please visit www.pediatricswest.com/resources/#tiny or call our office 978-577-0437