

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

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 11, 2025	July 2025 NO CLASSES
Saturday February 8, 2025	August 2025 NO CLASSES
Saturday March 8, 2025	Saturday September 13, 2025
Saturday April 12, 2025	Saturday October 4, 2025
Saturday May 10, 2025	Saturday November 1, 2025
Saturday June 7, 2025	Saturday December 6, 2025

Fitchburg Dates:

Saturday February 8, 2025	Saturday September 13, 2025
Saturday April 5, 2025	Saturday November 15, 2025
Saturday June 7, 2025	

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