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 10, 2026	July 2026 NO CLASSES
Saturday February 14, 2026	August 2026 NO CLASSES
Saturday March 14, 2026	Saturday September 12, 2026
Saturday April 11, 2026	Saturday October 3, 2026
Saturday May 9, 2026	Saturday November 7, 2026
Saturday June 6, 2026	Saturday December 5, 202

Fitchburg Dates:

Saturday January 31, 2026	Saturday September 19, 2026
Saturday March 21, 2026	Saturday November 21, 2026
Saturday May 16, 2026	

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