



# New Moms 101 Class

## A Training Program for New and Expectant Mothers

What about Mom's basic questions?

New Moms need answers to the following concerns:

1. Delivery Room "dos and don'ts"?
2. Feeding & Burping the baby (schedule)?
3. Mom's changes?
4. Affording the new baby?
5. Having Time?
6. Pets in house?
7. Parents and In-laws?
8. Safety issues?
9. Breastfeeding Support?
10. Working?
11. Responsibility?
12. Relationship with Dad?
13. Feeding the baby?

14. Changing the baby?  
(Diaper Bag and Contents)
15. 3:00am Baby Crying?
16. Crying?
17. Postpartum Blues?
18. Shaken Baby Syndrome?
19. Fun with Your Baby?
20. Cesarean birth?
21. Dealing with friends?
22. Baby Reading?  
(8 weeks, 6 months, 8 months)
23. Childproofing?
24. Commitment (Code)?
25. Mothering (Mothering books)?
26. Networking?

**Win  
New Mom  
Prizes!**

**Where:** Decatur Pediatric Group  
**Address:** 3065 South Cobb Drive  
Smyrna, GA 30080

**Time:** 1:00pm until 2:00pm

**Cost:** \$15.00 (all payments made onsite at class)

**For More Information:** [www.newmomnewdad.com](http://www.newmomnewdad.com)

**Proudly Sponsored by:**



National Practitioners Network  
for Fathers and Families

**You must register for the class at: [www.newmomnewdad.com](http://www.newmomnewdad.com)**

Qualifications to attend class: Expectant Mother • New Mother • Know the Projected Delivery Date of the Baby

