



BABYSTEPS

- Week 1: Welcome and Car Seat Safety
- Week 2: Sleep- Is that still a thing?
- Week 3: The Pelvic Floor
- Week 4: Mom and Baby Yoga- Get your stretch on
- Week 5: Post Partum Care- Taking care of you
- Week 6: Breastfeeding and Baby Wearing
- Week 7: Introduction to Solids- Feeding your little one
- Week 8: Infant Massage- Tips and techniques



Carea CHC

Pickering

Wednesdays

January 8th to February 6th

10am to 11:45am



To register or for more information call Kelly at 905-428-1212 x2284



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