



# ***Brought the Baby Home: Now What!!!????***

## **Parent and Caregiver Education**

*Recognizing developmental milestones and learning about your baby to promote confident interaction*

### ***Topics include:***

- Understanding your infant's stages of development
- How do I play with a newborn?
- Back, Stomach, Strollers, and Seats—what should I do?
- Why tummy time?
- Up all night, sleep all day? Changing those cycles.
- What about crying? When is it a concern?
- What about me? Redefining “self” with baby
- Dealing with spouse, family, friends and baby
- Permission to rest

**Classes are taught by NJ Licensed Occupational and Physical Therapists  
at Pediatric Potentials of West Essex, LLC**

**154 South Livingston Avenue, Suite 204 in Livingston, New Jersey**

**Each session meets once a month on Mondays**

**10:00am and 7:00pm**

**\$25.00 per session**

**(sessions require a minimum of 3 registrants)**

**To inquire: 973-535-5010 or email: [pedpotentialsnj@aol.com](mailto:pedpotentialsnj@aol.com)**



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