

# NEWBORN CARE

Location will be established closer to dates, in Ashland area

## OVERVIEW

*Indigenous newborn care class is designed for birthing individuals and/or their support partner/family to feel confident and comfortable caring for newborns, You will know best feeding practices to meet you & your baby's needs. You will be able to better understand common newborn patterns, what is concerning and not, and how to get through it with support.*



## CLASS TOPICS

- Anishinaabe newborn teachings
- Infant basic care
- Normal infant behavior, communication, sleep and appearance
- Understanding basics of soothing, diapering, and bathing
- Bottle-feeding best practices
- Partners Role
- Postpartum Doula

**All classes are free with light breakfast and lunch provided**

**Class dates: July 9th, Nov 5th**

**Time: 9:00am-1:00pm**