

ASK-A-DOCTOR LECTURE SERIES

## Bump to Baby



Knowing what to expect and planning ahead can bring comfort in those early days as a parent. There are a few things you can count on for sure ... challenges, surprises, love, happiness and laughter!

Our Bump to Baby class will provide parents with information about preparing for the birth and what to expect in the hospital for both mom and baby. We'll also focus on becoming comfortable with breastfeeding and baby basics including soothing techniques, sleeping, bathing, umbilical cord care, safety and much more.

This class will not only help your family get ready for a newborn, but will help you manage your new life more easily.

**Tuesdays, September 20 and November 8, 2016;  
February 7, May 9, and August 8, 2017 | 5:30 to 7:00 p.m.**

**LOCATION** Stockton Medical Plaza (SMP I)

3rd Floor Classroom, #3011, 2505 W. Hammer Lane, Stockton

**Questions, call 548-7892.**

**Facilitated by**  
**Krystle Balduzzi, M.D.**  
**Board-certified Pediatrician**

### **REGISTRATION**

Open to the community.  
Pre-registration is encouraged.

**There are two ways to register.**  
Please use ONE of these ways to register.

1. Online at  
[suttergould.org/bumptobaby](http://suttergould.org/bumptobaby)
2. Call the Community Health Education Department at 209-548-7860, option 2