NPSP WORKSHOPS

Breastfeeding
Learn to breastfeed with our instructional workshop. We cover preparing to feed, positioning, milk storage, pumping, feeding patterns, and more.

Stork Club
A play-based parenting group for families who have children 0-18 months. Come and learn to play with your children, meet other parents, build your support group, and receive education on various parenting topics. Each week a different topic will be covered and will allow for parents to ask parenting related questions.

Baby Boot Camp
This is a fun and interactive workshop to help prepare you for the first three months at home with baby. You will learn about parenthood, attachment and bonding, newborn care, calming baby, SIDS, shaken baby syndrome, community resources, self-care, and more.

What to Expect
Designed to be taken when you are thinking of becoming pregnant or are newly pregnant. This workshop will walk you through your baby's growth and development, as well as, your nutrition, body changes, and overall pregnancy care.

Childbirth Experience
Do you have questions about labor, delivery, and postpartum? This workshop will teach you about the stages of labor, types of deliveries, and what changes you may encounter once your baby arrives.

Call to Register 928 269-2308
Visit us online www.mccsyuma.org