

# 2014 PARENTING CLASSES

Family and Community Health Education and Outreach Section  
Forsyth County Department of Public Health

799 Highland Avenue Winston-Salem, NC 27101

Phone: 336-703-3206 Fax: 336-727-8034



## SERIES 1

01-15-14  
01-22-14  
01-29-14  
02-05-14  
02-12-14  
02-19-14

## SERIES 2

03-05-14  
03-12-14  
03-19-14  
03-26-14  
04-02-14  
04-09-14

## SERIES 3

04-30-14  
05-07-14  
05-14-14  
05-21-14  
05-28-14  
06-04-14

## SERIES 4

06-25-14  
07-02-14  
07-09-14  
07-16-14  
07-23-14  
07-30-14

## SERIES 5

08-20-14  
08-27-14  
09-03-14  
09-10-14  
09-17-14  
09-24-14

## SERIES 6

10-15-14  
10-22-14  
10-29-14  
11-05-14  
11-12-14  
11-19-14

*Class size is limited to 25 - Pre-Registration is Required!*

## TOPICS INCLUDE:

- Basic Infant Care and Child Development
- Nutrition, Feeding and Infant Dental Health
- Safe Sleep, SIDS and Shaken Baby Syndrome
- Common Illnesses and Immunizations
- Injury Prevention and Breastfeeding
- Family Planning and Family Dynamics

## CLASSES AND LOCATION:

All classes are held on Wednesday at 4:30 to 6:00 p.m. at the Forsyth County Department of Public Health in MR2.

*A light snack will be provided and remember to attend each session to earn points to shop with from our new Baby Boutique at the end of the series!*

