

First Time



Parenting Classes

Have you just become, or are you about to become a first time parent?

Are you uncertain about how to care for a new born?

N.E.W. Family Life Services CPC  
Would like to invite you to participate in our first time parenting classes.

Classes are about two hours long and meet once a week for six weeks.

Classes use many hands-on demonstrations to teach you how to care for your infant.

Classes are fun, interactive, and very Informative for first time parents.

And best of all, they are free!

### **Week One**

Welcoming Baby Home  
What to expect  
Breastfeeding/ bottle feeding  
Diapers  
Bath Time  
Colic

### **Week Two**

Keeping Baby Healthy  
Choosing a doctor  
Check-ups  
Caring for a sick baby  
Immunizations

### **Week Three**

Developing Baby's Personality  
Three major qualities  
Home environment  
Oldest child

### **Week Four**

Your child's spiritual training  
Self-control, Patience, Joy, Obedience,  
Goodness, meekness, Kindness,  
Gentleness, Peace, Faith, Love

### **Week Five**

Loving correction

### **Week Six**

The fun side of being a family  
Play time

For more information or to schedule a class time call

### **N.E.W. Family Life Services c.p.c**

144 W. 5th Ave.  
Colville, WA 99114  
(509) 684-9895

**Our office hours are:**  
**Mon.– Wed – Fri. 12-4**  
**Tues. & Thurs. 11-5**



*"In His hands, little miracles happen."*