

## Your Guide To The Hospital and Your Baby's First Weeks

## Join us

for a special class designed to support expectant parents as they prepare for their little one's arrival.

## During this session, you'll:

- Tour our office and get familiar with useful online resources
- Hear from one of our providers about what to expect in the hospital, newborn visits, common concerns, and when to call us.
- Learn about HealthySteps—a national program available to our patients that provides child development support, parenting guidance, and connections to helpful resources to ensure babies and young children receive the best possible start in life.
- Get expert lactation guidance from our in-house specialist on what to expect and tips for successful feeding.



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