

CAREGIVER CLASSES



Baby Steps

Baby Steps offers groups to help caregivers learn strategies and identify support such as:

- Understand your baby's cues and how to respond to them
- Build a stronger bond with your baby
- Learn Infant Massage techniques to help your baby relax and sleep
- Develop self-confidence in caregiving
- Connect with other caregivers

The groups are for caregivers with children age **birth – 15 months** (prior to walking) and expectant caregivers.



Steps to Understanding Your Child's Behavior

Steps to Understanding Your Child's Behavior is a series of classes supporting caregivers in learning to:

- Handle everyday challenges with your child
- Connect with other caregivers
- Build a stronger bond with your child
- Teach your child to get along with other children
- Support your child's healthy development

The classes are for caregivers of **children age 0-5**.



Classes are provided at no cost to the family. For program locations, start dates/times, and all other questions, please contact us.

Program Contact Information:



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Passion. People. Purpose.™

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