



Baby Care Basics Class

Sharp Chula Vista Center for Women & Newborns

This class provides information on basic baby care. Participants will learn how to diaper, dress and swaddle a newborn.

The class features the following:

- **In the beginning**
 - Selecting a pediatrician
 - Newborn characteristics
 - Newborn procedures at the hospital
- **Newborn behaviors**
 - Sleeping
 - Crying
- **Taking care of your baby**
 - Umbilical cord
 - Bathing
 - Diapering
 - Clothing
 - Swaddling
 - Feeding
- **Safety**
 - Back to sleep
 - Car seats

For more information or to enroll, click [here](#) or call 1-800-82-SHARP (1-800-827-4277).