



# We Want You!

## "Baby Boot-ie Camp"

A Parenting Class for Parents  
With Infants Under One year or Expectant Parents  
Call 921-1600

You Had A Baby - Congratulations! (Now What?!)

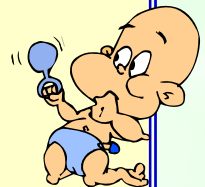
Dr. Heather Nichols, a Santa Paula Pediatrician, is teaching a class for new parents. Topics will include:

- Colic and Crying babies
- Swaddling
- Breast vs. formula?
- Sleeping patterns of newborns and how to encourage your baby to sleep well
- Clothing & layering for warmth
- Bathing your baby
- Car seats, strollers, walkers, jumpers & other equipment
- Finding a good babysitter or daycare
- Transitioning to solid foods



Health-Related:

- Jaundice
- Umbilical cord care
- Care of circumcised and uncircumcised baby boy
- Importance of Well Child check-ups and immunizations
- Vitamins - are they necessary?
- Fevers, colds, and flu and when to see your pediatrician



### And much, much more!

Classes held in the Santa Paula Hospital Library.

For more information, to register for the class, or to find out  
When the next class will be, please call Dr. Nichols' office at 921-1600

*Free transportation is available. Please call the office for information*



Santa Paula Hospital  
A Campus of  
Ventura County Medical Center

