



The Fresh Start classes cover infant and toddler nutrition, the importance of establishing a healthy feeding relationship and the importance of creating a healthy food environment as children grow and develop.

**Q.** Can I bring my child with me to the Fresh Start classes?

**A.** Infants (up to 12 months of age) are welcome at the *Starting out Right with Baby* Infant Feeding Class.

The *Growing Up: Feeding Development and Behavior* Toddler Feeding Class is not an appropriate setting for small children. Parents will get more out of the class when they are free from the distraction of caring for busy toddlers.

## Starting out Right with Baby (Ages 4 to 12 months)

This session covers the basics of infant growth and development and offers guidelines for feeding baby during the first year of life. Self-care for busy parents is also a focus of this class.

**Portland - 7:00 to 8:30 PM**

January 23<sup>rd</sup> ♦ February 27<sup>th</sup> ♦ March 27<sup>th</sup> ♦ April 24<sup>th</sup>

**Tigard - 6:30 to 8:00 PM**

January 24<sup>th</sup> ♦ February 28<sup>th</sup> ♦ March 28<sup>th</sup> ♦ April 25<sup>th</sup>

## Growing Up: Feeding Development and Behavior (Ages 1 to 3)

As your baby turns into a toddler, eating habits may become unpredictable. Learn how to best nourish your toddler and develop a healthy feeding relationship.

**Portland - 7:00 to 8:30 PM**

January 22<sup>nd</sup> ♦ February 26<sup>th</sup> ♦ March 26<sup>th</sup> ♦ April 23<sup>rd</sup>

### Locations:

**Portland Office**  
2701 NW Vaughn St., Admin. Ste. 330  
Portland, OR 97210

**Tigard Office**  
7150 SW Dartmouth St.  
Tigard, OR 97223

### Registration is required

Classes are open to families who have established care with a primary care provider from Pediatric Associates of the Northwest. There is no charge for classes. Please call 503-227-0671 to register. You can also register via the PANW portal by sending an email request directly to the dietitian.

