



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

August 22nd ♦ Sept 26th ♦ Oct 24th ♦ Nov 28th ♦ Dec (no class)

Tigard - 6:30 to 8:00 PM

August 23rd ♦ Sept 27th ♦ Oct 25th ♦ Nov 29th ♦ Dec (no class)

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

August 28th ♦ Sept 25th ♦ Oct 23rd ♦ Nov 27th ♦ Dec (no class)

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 503-675-3476 to register.



<http://portlandpediatric.com>