

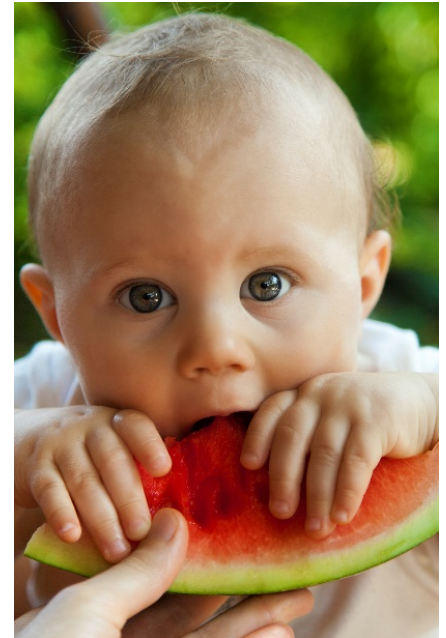


The Fresh Start program provided by Pediatric Associates of the Northwest supports young families with the tools needed to achieve optimal nutrition, growth and development during early childhood.

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.

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 - Fourth Tuesday of Every Month (7:00 to 8:30 PM)
April 25th ♦ May 23rd ♦ June 27th ♦ July 25th ♦ August 22nd

NEW Tigard - Fourth Wednesday of Every Month (6:30 to 8:00 PM)
May 24th ♦ June 28th ♦ July 26th ♦ August 23rd

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 - Fourth Monday of Every Month (7:00 to 8:30 PM)
April 24th ♦ May 22nd ♦ June 26th ♦ July 24th ♦ August 28th

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.

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.



<http://portlandpediatric.com>