



*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 Birth – 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.

**FOURTH TUESDAY OF EVERY MONTH (7:00 to 8:30 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.

**FOURTH MONDAY OF EVERY MONTH (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>**

#### **LOCATION:**

**Portland Office**

**2701 NW Vaughn St., Admin. Ste. 330**

**Portland, OR 97210**

#### **Registration is required**

There is no charge for classes if you are a patient of Pediatric Associates of the Northwest. Please call 503-227-0671 to register.



<http://portlandpediatric.com>

