

# Infant Care



**Every 2<sup>nd</sup> Thursday of the month, 1:00 p.m. – 2:30 p.m.**

New and expectant parents learn skills that cover the basic care for infants. This class is both instructional and hands-on.



## Topics Include

- *Burping*
- *Umbilical cord care*
- *Swaddling*
- *Bathing*
- *Diapering and changing*
- *Soothing Techniques for the crying infant*
- *Infant feedings and feeding schedules*

For more information or to register, call (254) 287-2286  
Email: [usarmy.hood.imcom-fmwrc.list.acs-npssp@mail.mil](mailto:usarmy.hood.imcom-fmwrc.list.acs-npssp@mail.mil)

Individuals who require accommodation due to disability, please contact ACS FAP, NPSP