



Baby Steps

Calendar 2019

All classes are free and held Thursdays in the community classroom at Central Carolina Hospital, 1135 Carthage St., Sanford, NC

January Classes

- 3 Newborn Care
- 10 Breastfeeding
- 17 Infant CPR
- 24 Prepared Childbirth Week 1
- 31 Prepared Childbirth Week 2

February Classes

- 7 Prepared Childbirth Week 3
- 21 Newborn Care
- 28 Breastfeeding

class*

March Classes

- 7 Infant CPR
- 23 Prepared Childbirth – all day class*

April Classes

- 11 Newborn Care
- 25 Breastfeeding

May Classes

- 2 Infant CPR
- 11 Prepared Childbirth – all day class*

June Classes

- 6 Newborn Care
- 13 Breastfeeding
- 20 Infant CPR

July Classes

- 11 Prepared Childbirth Week 1
- 18 Prepared Childbirth Week 2
- 25 Prepared Childbirth Week 3

August Classes

- 1 Newborn Care
- 8 Breastfeeding
- 15 Infant CPR
- 31 Prepared Childbirth – all day

September Classes

October Classes

- 10 Newborn Care
- 17 Breastfeeding
- 24 Infant CPR

November Classes

- 7 Prepared Childbirth Week 1
- 14 Prepared Childbirth Week 2
- 21 Prepared Childbirth Week 3

December Classes

- 5 Newborn Care
- 12 Breastfeeding