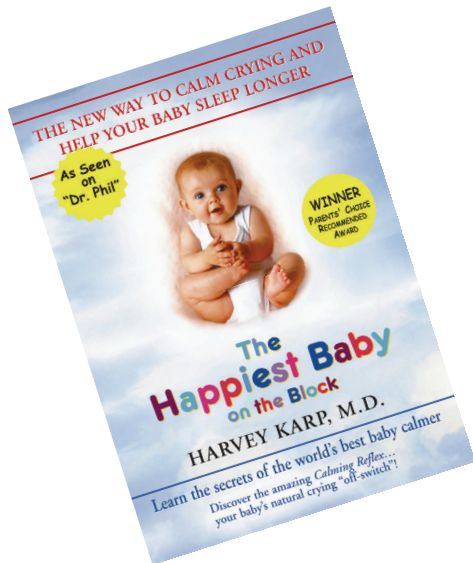


*Classes are based on Dr. Harvey Karp's best-selling book and award winning video*

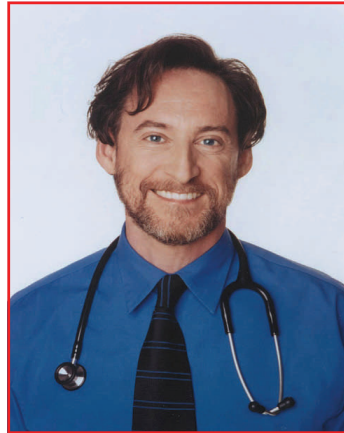
## **The Happiest Baby on the Block**

*and teaches 5 simple ways to turn on a baby's "calming reflex" - the extraordinary "off switch" for crying all babies are born with!*



It's magic? It's a miracle? No, it's a reflex!

# The Happiest Baby on the Block™



**I**n "The Happiest Baby," Dr. Harvey Karp, noted pediatrician and child development expert, reveals the amazing secret used for centuries by the world's parents... the *calming reflex*. This reflex is literally the "off-switch" for your baby's crying! Learn five simple ways to turn on the calming reflex (the 5 S's) and become the best baby calmer on your block!

Resource Center for Parents and Children  
726 26th Avenue, Suite 2  
Fairbanks, Alaska 99701  
456-2866

E-mail: [parentwarmline@rcpcfairbanks.org](mailto:parentwarmline@rcpcfairbanks.org)



## **Cuddle Cure** *for crying babies* **Classes**

September-December 2011



Learn how to calm your fussy baby in five minutes or less!  
It's magic? It's a miracle? No, it's a reflex!

A proud member of...



Learn how to soothe  
your fussy baby in  
five minutes or less at the...

## Cuddle Cure Class

a two-hour class recommended for  
pregnant women, couples, parents,  
grandparents, child care providers or  
anyone who has an interest in the well  
being of infants from birth to  
3 months of age.



### Topics Covered:

- The joys and challenges of becoming a new parent
- What to expect from your new baby
- The importance of feeding your baby enough
- The reasons why babies cry
- Definition of colic
- The Missing 4th trimester

## Class Dates:

Wednesday evenings,  
6:00 - 8:00 p.m.:

October 5, 2011

December 7, 2011

Saturdays,

11:00 a.m. - 1:00 p.m.:

September 10, 2011

November 5, 2011



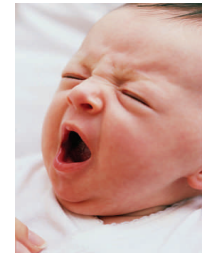
Cost: \$30 per family

All classes held at RCPC

Funded by the Alaska Children's Trust  
through the Alaska Department of Health and Social Services

Participants receive a  
**Parent Kit** which includes:

- ◆ RCPC bag
- ◆ Swaddling Blanket
- ◆ Happiest Baby DVD
- ◆ Soothing Sounds CD



*Parent Kits can be purchased  
separately for \$30.*

Please call Melanie or Meghan  
at 456-2866  
to register.

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