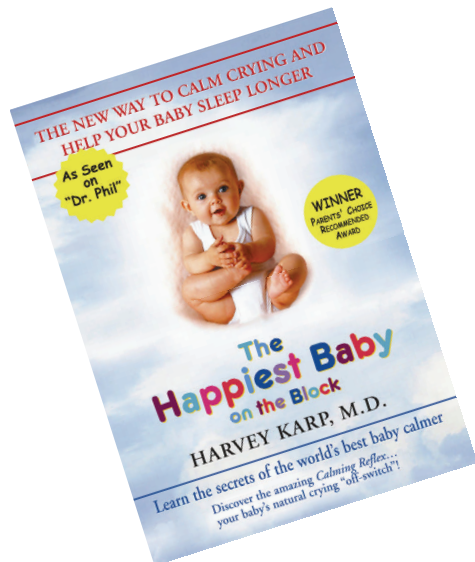


Classes are based on Dr. Harvey Karp's best-selling book and award winning video

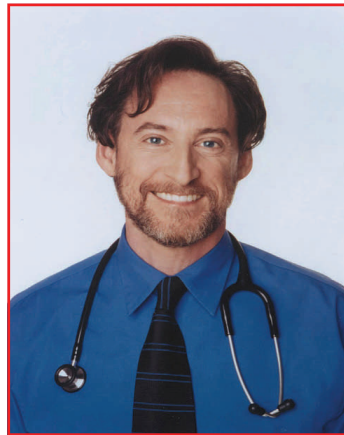
The Happiest Baby on the Block

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™



In "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



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

May-August 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.:

June 1, 2011

August 3, 2011

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

July 9, 2011

September 10, 2011



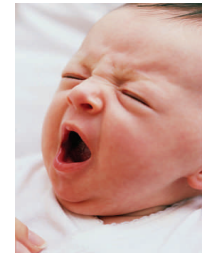
Cost: \$30 per family

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 Katie or Meghan
at 456-2866
to register.

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