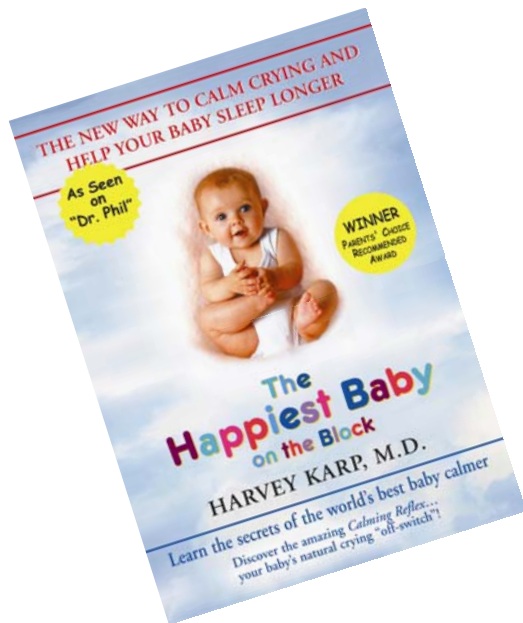


Classes are based on
Dr. Harvey Karp's best-selling book
and award winning video

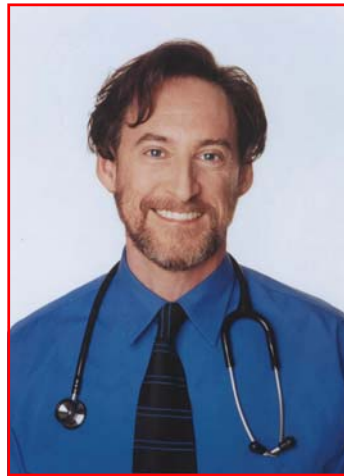
The Happiest Baby on the Block

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



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

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

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

5 steps to calming your baby

Class Dates:

Classes conducted at RCPC on Wednesday

evenings, 6—8 p.m.:

December 17, 2008

January 14, 2009

February 11, 2009

March 25, 2009

April 15, 2009

May 6, 2009



Classes conducted at RCPC on

Saturdays, 11 a.m.—1 p.m.:

December 6, 2008

January 10, 2009

February 7, 2009

March 7, 2009

April 11, 2009

May 2, 2009

Cost: \$30 per family

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

Scholarships are available.

*Participants receive a
Parent Kit which includes:*

- ◆ RCPC bag
- ◆ Swaddling blanket
- ◆ *The Happiest Baby on the Block* DVD
- ◆ Soothing Sounds CD



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

Please call 456-2866 x102

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