



5 “S”s and the Cuddle Cure

Magic? A miracle? No, it’s a reflex!

Are you expecting a baby? Are you a new parent and want to learn some great tips?

If you answered “yes” above, please attend this informative class and learn about:

- ◆ The missing fourth trimester
- ◆ The Calming Reflex
- ◆ The 5 “S”s
Swaddling, Side/Stomach, Shushing, Swinging and Sucking
- ◆ The Cuddle Cure



Each family will also receive a FREE DVD!

Is there a cost? No cost to St. Joseph County Residents ● \$20.00 for Out-of-County Residents

When and where are these classes?

Where: Sturgis Hospital
916 Myrtle Ave.
Sturgis, MI

When: 9:00 - 11:00 a.m.
October 15, 2013
December 17, 2013
February 18, 2014
April 15, 2014
June 17, 2014

Where: Three Rivers Health Dept.
1110 Hill St.
Three Rivers, MI

When: 9:00 - 11:00 a.m.
November 20, 2013
January 15, 2014
March 19, 2014
May 21, 2014
July 16, 2014

How do I register? *Pre-Registration is required!*

Register online under Events OR Parents at: www.sjcgsc.org

Questions? Please contact Theresa Rowe, 269-467-5448 or trowe@sjcisd.org

