



Bringing Up Boone Babies

Are you raising a newborn, infant or toddler? Do you have questions about feeding a picky eater or calming a fussy baby? Do you want to connect with other parents?

Bringing Up Boone Babies is a monthly support group provided by Boone Family Birthplace. This hour-long session is led by a Boone Family Birthplace nurse. Each month, we offer a short presentation on a different topic, followed by open group discussion.

Topics will include:

- Feedings and nutrition
- Sleep habits
- Babywearing
- Infant massage
- Milestones
- Ways to play
- Emotional health
- Exercise
- Safety

This support group is free and open to all parents of newborns, infants, and toddlers. No registration is required.

Bring your baby or child with you! (We'll have a baby scale and someone available to help comfort babies).

Meetings take place in the Boone Hospital conference center just off the main lobby.

**For dates, times and specific topics of the month,
please visit boone.org/BringingUpBooneBabies
or call 573.815.8445**

