



CASPER-NATRONA
COUNTY HEALTH DEPARTMENT

PREPARING FOR PARENTHOOD

Basics of Newborn Care + Infant Cues:

*hands on diapering and bathing,
swaddling, reading infant cues,
responding to crying and providing
comfort for a newborn*

FOR MORE INFORMATION
Maternal and Child Health Program
307.577.9778
475 S. Spruce Street | Casper, WY 82601
CasperPublicHealth.org

This Free Class Includes:

- **Infant Feeding:** breastfeeding and formula feeding, taught by Certified Lactation Consultants
- **Mother's Postpartum Care:** postpartum depression and nutrition, healing, and symptoms of postpartum depression.
- **Infant Safety:** Prevention of Sudden Infant Death (SIDS) and Shaken Baby Syndrome. Free certification in adult and infant CPR.



prevent promote protect