

2025

# PARENT SKILL BUILDER

## MARCH 6, 2025:

*Free Car Seat Checks & Breastfeeding Support class*

**4pm-5pm:** Bring your child car seat(s) for a free check by a certified car seat tech! Children are encouraged to join. In partnership with Safe Kids Johnston County.



**5pm-6pm:** Free Breastfeeding Deep Dive with a JCPHD Registered Nurse. This portion of the class is open to anyone in the community who wants breastfeeding encouragement. Any mother is welcome to attend at any point in her breastfeeding journey (the baby is also welcome)!



\*You do not need to be registered for childbirth classes to attend.

# CHILDBIRTH CLASSES:

- 3/8/2025 2PM-6PM
- 3/10/2025 2PM-6PM

8 total hours of childbirth education.

Topics Covered:

Relaxation, Breathing Techniques, Medication, Self Care, Methods of Childbirth, and Baby care.



**If you have medicaid you will need a referral from your doctor. If you are non-medicaid you will pay per class on a sliding scale based on income and family size.**

Questions? Contact Kimetha Fulwood | 919-989-5200

