

**ARE YOU PREGNANT OR HAVE A CHILD UP  
TO 12 MONTHS OLD?**

# **TRIPLE P BABY**

**A POSITIVE START FOR BABIES  
AND CAREGIVERS**



Learn simple, positive parenting strategies to:

- manage crying and fussiness
- build healthy sleep routines
- read your baby's cues and needs
- support emotional connection and bonding
- care for yourself and reduce overwhelm
- adjust to family life changes with confidence

Open to moms, dads, grandparents, co-parents, foster parents, and anyone who wants extra support.

**THIS CLASS IS VIRTUAL.  
Zoom link will be provided.**

**March 7<sup>th</sup> - April 25<sup>th</sup>  
Saturday's from 10:00AM-  
12:00PM  
Language: English**

**SCAN  
ME**



## **CONTACT US**



530-528-1395  
first5tehama.org



Nancy Vicuna  
nvicuna@first5tehama.com

