

Program Guide

In the beginning

6:00am 9:00am 12:00pm 3:00pm 6:00pm 9:00pm 12:00am 3:00am

Helping a Mother to Breastfeed 16 minutes

Step by step demonstration of proper positioning and latch.

6:11am 9:11am 12:11pm 3:11pm 6:11pm 9:11pm 12:11am 3:11am

Breast Pumps 3 minutes

Why use a breast pump, and “how-to” demonstration.

6:15am 9:15am 12:15pm 3:15pm 6:15pm 9:15pm 12:15am 3:15am

I'm So Tired 15 minutes

Mothers share coping tips and frustrations of life with a new baby.

6:30am 9:30am 12:30pm 3:30pm 6:30pm 9:30pm 12:30am 3:30am

Baby and the Bath 8 minutes

A complete head-to-toe newborn bath.

6:40am 9:40am 12:40pm 3:40pm 6:40pm 9:40pm 12:40am 3:40am

Care for Baby 7 minutes

How to take a baby's temperature and signs that mean a call to the doctor.

6:48am 9:48am 12:48pm 3:48pm 6:48pm 9:48pm 12:48am 3:48am

Car Seats/Car Safety 8 minutes

Install your car seat properly and make your baby safe.

Life with baby

7:00am 10:00am 1:00pm 4:00pm 7:00pm 10:00pm 1:00am 4:00am

Infant Hearing 11 minutes

Explanation of infant hearing test, and why it's important.

7:11am 10:11am 1:11pm 4:11pm 7:11pm 10:11pm 1:11am 4:11am

Immunization Report 10 minutes

An explanation of vaccines and their importance.

7:21am 10:21am 1:21pm 4:21pm 7:21pm 10:21pm 1:21am 4:21am

Back to Sleep 5 minutes

Baby's sleep patterns and proper sleep positions to help prevent SIDS.

7:27am 10:27am 1:27pm 4:27pm 7:27pm 10:27pm 1:27am 4:27am

Child's Play 14 minutes

Playing is an important part of how infants and children learn.

7:43am 10:43am 1:43pm 4:43pm 7:43pm 10:43pm 1:43am 4:43am

Never Shake a Baby! 15 minutes

How to deal with the frustrations of a new baby.

Your growing family

8:00am 11:00am 2:00pm 5:00pm 8:00pm 11:00pm 2:00am 5:00am

Welcome to Washday 5 minutes

Extra care may be needed for your baby's laundry.

8:05am 11:05am 2:05pm 5:05pm 8:05pm 11:05pm 2:05am 5:05am

The Importance of Touch 9 minutes

Massaging your baby can make a difference to your baby's health.

8:14am 11:14am 2:14pm 5:14pm 8:14pm 11:14pm 2:14am 5:14am

Feed Me! 10 minutes

Breastfeeding parents talk about their joys and concerns.

8:25am 11:25am 2:25pm 5:25pm 8:25pm 11:25pm 2:25am 5:25am

Breathing Easier 11 minutes

House-proofing for asthma and allergy triggers.

8:37am 11:37am 2:37pm 5:37pm 8:37pm 11:37pm 2:37am 5:37am

Baby Your Skin! 9 minutes

Baby skin care and common skin conditions.

8:44am 11:44am 2:44pm 5:44pm 8:44pm 11:44pm 2:44am 5:44am

Two's Company: Sibling Preparation 14 minutes

Parents talk about life with two or more children.

Breastfeeding

is meant to be a comfortable, pleasant experience.

If not,
We are there
for you

Renting the right
breastpump
can make
breastfeeding
easier

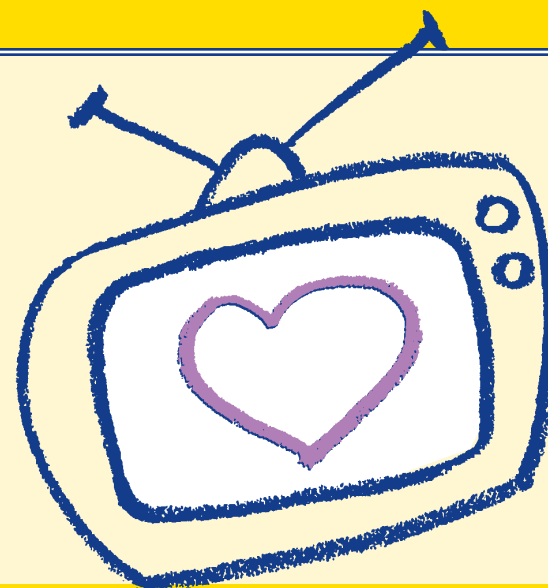
-Renting is the economical solution for first-time mothers and short-term applications.

-A hospital-quality breastpump effectively collects breast milk and can help maintain your milk supply.



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