

Baby Care Basics



As new parents, we understand you may have a lot of questions. At Baby Care Basics, Dr. Priya Gowda-Boylan will provide clinical and practical information to help new parents confidently care for their newborn. Topics will include:

- Feeding and Nutrition
- Soothing/Comforting Techniques/Crying/Colic
- Bathing/Skin Care/Rashes
- Sleep
- Development
- Safety
- Red Flags: When to call your pediatrician

3rd Tuesday of every month, 1:30-2:30 via Zoom
For existing and prospective CAP patients
Free
Register at

<https://www.capitalareapediatrics.com/resources/workshops>