

# INFERTILITY & ADOPTION COUNSELING CENTER



## Workshop Series

### Baby Care for Adoptive Parents

**Date: Saturday, September 25, 2010**

**Time: 10:00 a.m. to 12:30 p.m.**

**Place: 510 Morris Avenue; Summit, NJ 07901**

This workshop is for you if you are waiting to adopt and would like to learn about baby care. In addition, some adoption agencies will accept this workshop as partial fulfillment of your home study requirements (certificates will be issued).

Workshop Facilitator: **Jennifer Gamper Meenan, RN, BSN, MSW, LCSW** has worked as a pediatric nurse at St. Barnabus Medical Center, a social worker in the Complementary Care Program at Reproductive Medicine Associates of New Jersey, and a Counselor for the Infertility and Adoption Counseling Center. She brings the unique combination of experiences in nursing, social work, infertility and adoption to this specialized baby care workshop for pre-adoptive parents.

Becoming a parent is a joyous experience. Many parents begin to feel excited yet nervous about their various expectations for the first months of having a newborn. This baby care class will help parents begin to feel more confident and comfortable prior to their new arrival. It will allow new adoptive parents to learn in a setting that allows them to feel open to asking questions and meeting others with similar stories.

You will learn about:

- Necessary items for travel, hotels, first days with infant
- Expectations for the hospital
- What you need once baby is home: the must haves and items that "would be nice" to have too.
- Medical: newborn testing, vaccinations, procedures, care of infant while in hospital
- Psychological: adoption issues
- Baby Care: feeding, burping, diapers, swaddling/soothing, bathing, cord care
- Basic medical care
- Understanding your infants needs and handling a "cranky baby"
- Car seat safety
- CPR courses
- Choosing a pediatrician

Seating is limited. Pre-registration is required and should be completed at least one week prior to the event. Payment must be received in order to confirm your registration. Cancellations must be received at least three days prior to the event. For additional information call 609-737-8750 or email JMantellMSW@iaccenter.com. **Please return registration form and payment to: IAC Center, 2 Tree Farm Road, Suite A200, Pennington, NJ 08534**

#### Workshop Registration Form

Name \_\_\_\_\_

Saturday, September 25, 2010

Address \_\_\_\_\_

\_\_\_ Individual     \$100  
\_\_\_ Couple        \$165

Phone Number \_\_\_\_\_

Check for \$\_\_\_\_\_ is enclosed

Email \_\_\_\_\_

Please make check payable to: Infertility &  
Adoption Counseling Center

How did you hear about this workshop? \_\_\_\_\_