

# Grandparent Basics

Altru Health System and Safe Kids Grand Forks are pleased to announce a NEW class being offered just for grandparents. A lot has changed since the days when they raised their children and grandparents play a vital role in the lives of so many of their grandkids, often serving as the primary caregiver. Come, learn helpful hints that include some of the following topics: car seats, safe sleep, feeding recommendations, babyproofing, role transition from parent to grandparent and supporting the parents.

Call 701.780.5179 to register or log on to: [altru.org/find-a-class-or-event/](http://altru.org/find-a-class-or-event/)  
\$20 registration fee



## 2018 CLASS DATES:

MARCH 22 - JUNE 7 - SEPTEMBER 20 - NOVEMBER 29  
6:30 - 9 P.M.

SAFE KIDS GRAND FORKS HEADQUARTERS

