

Find Your Community with Our Healthy Baby Classes

Join us for a series of welcoming, informative classes designed to support you and your little one, from pregnancy through baby's first year. Whether you're expecting, a new parent, a grandparent, or just looking to connect with other caregivers, there's a place for you here!

Upcoming 2026 Class Schedule:

Story Time

January 28 | 10:30 - 11:30 a.m.

Safe Sleep

February 19 | 10 - 11 a.m.

Baby's First Foods

March 25 | 11 a.m. - noon

Safe Sleep

April 15 | 5 - 6 p.m. Spanish

Healthy Eating for Toddlers and Preschoolers

May 27 | 9 - 10 a.m.

Mom-To-Mom Breastfeeding Class

June 4 | 4 - 6 p.m.

Family Budget 101 - Smart Planning for a Smooth Transition

July 8 | 11 a.m. - noon

Tummy Time

August 5 | 10 - 11 a.m.

Prenatal Nutrition

September 2 | 9 - 10 a.m.

Tummy Time

October 8 | 5 - 6 p.m.

Mom-to-Mom Breastfeeding Class

November 5 | 10 a.m. - noon

The Truth about Motherhood and Smoking

December 7 | 4 - 5 p.m.

Let's grow healthy families—together!

Why Join?

- Get tips from subject matter experts
- Connect with other parents and caregivers
- Build confidence in caring for your baby
- Enjoy a supportive space

For more details
about each class
scan the QR code



Florida
HEALTH

Escambia.FloridaHealth.gov