



2025 Baby's First Ride

Have you ever installed a car seat? Did you know 4 out of 5 car seats are used wrong?

Baby's First Ride is a free car seat class for expecting parents. We encourage you to take this class prior to your delivery.

Learn about:

- how to secure your baby in the harness
- the installation and functions of a car seat
- the benefits of keeping baby rear-facing in the vehicle
- why reclining the car seat is so important
- the dangers of bulky clothing
- the dangers of airbags and more

Please note, if you have purchased a car seat, please bring it to class. Hands on training will be offered in a classroom setting only.

Class Dates:

- March 5 from 5:30-6:30 pm
- May 7 from 5:30-6:30 pm
- July 2 from 5:30-6:30 pm
- Sept 3 from 5:30-6:30 pm
- Dec 3 from 5:30-6:30 pm

Class Location:

CHI St. Alexius Health
1301 15th Ave W, Williston
- McAuley Room
- Enter east doors

Register for Class:

- Email: mhonaker@umdhhu.org
- or
- Call 701-774-6400
- Please bring car seat to class if you have one.

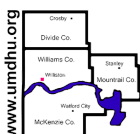
Questions? Contact:

701-774-6400



Public Health
Prevent. Promote. Protect.

Lake Region District Health Unit



Upper Missouri
District Health Unit
Your Public Health Professionals

VISION ZERO

Zero fatalities. Zero excuses.



CHI St. Alexius Health