



# 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.**

**2025 Class Dates:** 7:00pm - 8:00pm

- February 4
- April 8
- June 3
- August 12
- October 7
- December 2

**Class Location:**

CHI St. Alexius Health  
2500 Fairway Street, Dickinson  
Conference Room A/B/C

**Register for Class:**

- E-mail [baby1ride@gmail.com](mailto:baby1ride@gmail.com) OR call 701-227-3010, ext 1240
- Please bring your car seat with you to the class

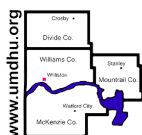
**Questions? Contact:**

Jennifer @ 701-227-3010, ext 1240



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Lake Region District Health Unit



**Upper Missouri  
District Health Unit**  
Your Public Health Professionals

**VISION ZERO**

Zero fatalities. Zero excuses.



**CHI St. Alexius Health**