



Johnston CountyNC
Public Health

SAFE
K:IDS
JOHNSTON
COUNTY



PARENT SKILL BUILDER

OCTOBER 23RD, 2025

- **4pm-5pm: Bring your child car seat(s) for a free check by a certified car seat tech! If you have a child, please bring them.**
- **5pm-6pm: Free Breastfeeding Deep Dive with a JCPHD Registered Nurse. This portion of the class is open to anyone in the community who wants breastfeeding encouragement. Any mother is welcome to attend at any point in her breastfeeding journey!**

**FREE CAR SEAT
CHECKS AND
BREASTFEEDING
SUPPORT CLASS**

Location:

**Johnston County Public Health
517 North Brightleaf Blvd
Smithfield, NC 27577**

Contact:

Kimetha Fulwood | 919-989-5200





CHILDBIRTH CLASSES 2025!

NOV
5

NOV
7

NOV
12

NOV
14

4pm-6pm

8 total hours of childbirth education.

Topics Covered: Relaxation, Breathing Techniques,
Medication, Self Care, Methods of Childbirth, and
Baby care.



If you have medicaid you will need a referral from your doctor. If you are non-medicaid you will pay per class on a sliding scale based on income and family size.

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QUESTIONS? CONTACT KIMETHA FULWOOD (919-989-5200)



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