



2026 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.

2026 Class Dates:

- February 3
- April 7
- June 2
- August 11
- October 6
- December 8

Class Location:

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

Register for Class:

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

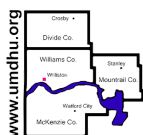
Questions? Contact:

Jennifer @ 701-227-3010, ext 1240



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Lake Region District Health Unit



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District Health Unit**
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VISION ZERO

Zero fatalities. Zero excuses.



CHI St. Alexius Health