



# 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.**



**Public Health**  
Prevent. Promote. Protect.

Lake Region District Health Unit



**Upper Missouri  
District Health Unit**  
Your Public Health Professionals  
[www.umdhu.org](http://www.umdhu.org)

**VISION ZERO**

Zero fatalities. Zero excuses.

## 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](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



**CHI St. Alexius Health**