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NEWS RELEASE

For Immediate Release

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Just In Time Parenting

Now you can get timely information about your baby delivered just when you need it by subscribing to *Just In Time Parenting*. By signing up for a free online subscription, you will get information specific to your baby's age and your baby's needs. Learn about:

- How your child is developing,
- How to care for your child and keep your child healthy,
- How to help your child learn and be happy!

The newsletter is written by a team of university researchers and educators and based on the latest research. There's information that you'll want to share with everyone in your family - plus:

- Each issue has links to other pages and web sites to help you learn even more.
- You can download beautiful full-color PDF files formatted for printing or sharing.
- You can listen to audio podcast versions for the first 12 months.
- You can ask questions to experts from across the country and see answers to questions from parents just like you.
- You can continue to learn about your child as he or she grows to age 5!
- All of this is commercial free, with no ads or links to toys or products!

It is helpful information for you, your baby and your family -- Just in Time!



Receive your free newsletters by email - monthly for children 1 to 12 months of age, then every other month for children 1 to 5 years old. For more information, please contact University of California Cooperative Extension-Nutrition BEST at 530-889-7350, or visit our web site http://ucanr.org/sites/Nutrition_BEST/.

Roger Ingram
Placer/ Nevada County Director