

PREGNANCY & CHILD CARE CLASSES



1

Newborn Care, Safety and CPR: Learn the basics of caring for your newborn, like how to hold them, comfort them and change a diaper. You'll also learn emergency care for infant choking and CPR.

2

Breastfeeding: Learn how breastfeeding works, including how to make sure you have enough, how to get a good latch when nursing, and how to know if your baby is getting enough milk.

3

Childbirth: Feel a little more relaxed going into the delivery room. Do this by learning what happens during labor, as well as relaxation, massage, and positioning techniques.

4

Infant Massage: You love massages, and so does your baby! This class teaches massage techniques to help your baby relax, sleep and grow strong.

5

Parent Bootcamp: We offer bootcamps for new moms and dads to learn how to prepare for parenthood and care for a newborn.

6

Grandparent Class: Anyone who spends time with your newborn needs to know the basics of care and safety, and we offer a class just for grandparents.

7

Sibling Class: Being a big brother or sister is a big promotion! This class helps soon-to-be siblings get ready and learn how to help.