

### **Childbirth Prep Class \$60**

Choose from these options:

- 3 Part Series
- All Day Saturday Crash Course
- Virtual Self-Paced, online with book & Free APP (**\$35 for virtual option**)

Note: all options include 72 page book with online access & FREE APP for printables & to review videos

Best to take in your 3rd trimester. Covers: anatomy, stages of labor, preterm warning signs, natural comfort measures, interventions, postpartum expectations, C-Sections

### **Breastfeeding Class \$25**

Prenatally covers: anatomy, how to breastfeed, when to feed, how to know baby is getting enough, breast care & challenges

Includes 38 page full color book with online access to printables & FREE APP to view videos

### **Planned C- Section Class \$25**

Occasionally a medical condition may require a planned C Section. This is a one time class to prepare you for what to expect.

### **Baby Calming Strategies \$10**

There is more than one way to calm a baby. Learn the safe recommendations of the American Academy of Pediatrics on swaddling, sleep, pacifiers, SIDS, Shaken Baby Syndrome and more with a focus on both immediate & long-term strategies

### **Newborn Care Class \$25**

Prenatally covers: understanding newborn traits & behaviors, crying & comforting, SIDS, Shaken Baby Syndrome, feeding baby, recognizing cues, diapering, bathing, cord care, safety with handouts on choking & infant CPR

Includes a 50 page book with online access & FREE App to view video clips & printables for parents

### **Pregnancy Class FREE**

Learn what to expect in pregnancy : nutrition, changes in baby development for each trimester, changes in mom, safety & precautions, pregnancy warning signs, fetal kick counts, emotions and more

### **Super Sibling Class \$20**

A fun class for 3 to 7 year old's to help them prepare for a new baby. Topics include Baby Touch, Baby Face, Baby Talk, Baby Food & Baby Helper & Feelings. Children learn how to be a "super" big brother or sister. Hands on activities & a video. Kids should bring a doll or teddy bear to swaddle.

### **Grandparent Class \$15**

My how things have changed. Learn the most current parenting information, guidelines and ways to begin that special bond.

Also, strategies for long distance grandparenting. Infant CPR info given

### **Postpartum Planning Class \$10**

Take this class prenatally to learn how to plan for the best postpartum recovery possible. Preparing home for baby, meal planning, postpartum expectations & care including reportable warning signs, postpartum depression in both moms & dads & possible sibling issues

### **FREE -Hands On Practice of Natural Comfort Measures**

Open & FREE to those who have attended a childbirth class. This class includes practice of breathing, relaxation, massage, positions, birth balls, birth preferences etc

### **FREE- Dads Class #1**

For Expectant/Prenatal Dads: A support class for "fathers to be". Topics include Newborn Basics – Expectations at birth thru the first month & how to support mom in labor & postpartum.

**FREE- Dads Class #2** For Dads-with Newborns up to 12 months old: Support for dads with rotating topics such as home safety, first year child development, baby cues & temperament & how to stimulate brain development; Being Dad

**Free-Support Group – Prenatal:** Pregnancy related issues shared & discussed

**Free-Support Group- Postpartum** up to 12 months : new parent issues & postpartum challenges discussed

**FREE-Parent-Infant Massage Training/Orientation Class** (Not a hands on class) Safe TOUCH: Why you should massage your child. Literature given on correct oils to use, health benefits, safety & precautions for massaging your child, when not to massage your child & more. A required class before taking the "Hands On" with your baby.