



## Perinatal Class Schedule

### **Breastfeeding**

This class will prepare you for breastfeeding and help you make it a positive experience for you and your baby. Please bring your support person to class. Pre-registration is required.

**Cost: \$30\***

### **Baby Care Basics\***

This is a great class for new parents and parents who want to brush up on their infant care skills. Learn about bathing, feeding, taking a temperature and other tips to make you feel comfortable in caring for your infant. Pre-registration is required.

**Cost: \$30\***

### **Infant Safety & CPR\*\***

This is a great class for new parents or parents who want to learn basic infant CPR. It also includes a wide range of tips and best practices for giving your infant a safe and healthy home. Pre-registration is required.

**Cost: \$40\*\***

### **One-Day Childbirth Prep**

This class prepares new parents for their childbirth journey. Topics include: signs of labor, stages of labor, what to bring to the hospital, natural pain management, breathing, C-sections, pain control options, postpartum healing for mom & more. It is ideal to take the class well before you are near your due date, preferably in your second trimester when you are more likely to feel your best. Pre-registration is required.

**Cost: \$70\***

*\*Save \$10 when you enroll in both Breastfeeding & Baby care basics*

*\*\*Free for NICU parents*