

Late Pregnancy

Calming Your Baby & Sleeping Through the Night: \$15 per couple; 6:30-9 p.m.

Learn ways to calm your newborn baby. Learn how to hear exactly what your baby's cries are telling you. Learn about infants' sleep patterns and how the whole family can get adequate sleep. Being able to identify the needs of your baby will deepen the bond with your child and ease much of the pressure and stress that is felt as new parents

Wednesdays: 2/7, 3/28, 5/30

Car Seat Safety: Free; 7-9 p.m.

Most car seats are used incorrectly. Learn how to select a safe car seat and use it effectively.

Cesarean Birth: \$15 per couple; 7-9 p.m.

This class helps to prepare for a scheduled cesarean birth and includes a tour of the hospital.

Monday: 6/18

Thursdays: 2/8, 4/12

Childbirth Preparation: \$80 per couple; 7-9 p.m.

Learn skills to use during labor for comfort. Information about medications, anesthesia, induction of labor and cesarean birth are included. This class meets one night a week for 6 weeks.

Mondays: 1/8-2/12; 3/5-4/9; 4/30-6/11

Wednesdays: 2/7-3/14; 6/6-7/18

Childbirth Preparation – Saturdays: \$80 per couple 9:30am – 3:30pm

Learn skills to use during labor for comfort. Information about medications, anesthesia, induction of labor and cesarean birth are included. This class meets on two consecutive Saturdays.

Saturdays: 1/20 & 1/27; 2/10 & 2/17; 3/17 & 3/24; 4/14 & 4/21; 5/12 & 5/19; 6/16 & 6/23

Grandparents to Be: \$15; 7-9 p.m.

Grandparents learn about current birth practices and changes in feeding and newborn care, as well as how they can be most helpful in their new role and share in the family experience.

Tuesday: 4/24

Wednesdays: 2/15, 6/14

Infant Massage: \$10; 6-7 p.m.

Parents learn to massage their babies with a loving touch that helps promote healthy physical and emotional development.

Tuesdays: 1/30, 2/27, 3/13, 4/10, 5/15, 6/19

Thursdays: 2/1, 3/1, 3/15, 4/12, 5/17, 6/21

Mini Childbirth Preparation: \$50 per couple; 7-9 p.m.

Learn skills to use during labor for comfort. Information about medications, anesthesia, induction of labor and cesarean birth are included. This is the condensed version of the 6-week class and meets one night a week for 4 weeks.

Tuesdays: 1/2-1/23

Wednesdays: Westside 13th & Tyler: 1/3-1/24; 4/4-4/25; 5/2-5/23

Thursdays: 2/1-2/22; 3/15-4/5; 5/17-6/7; 6/21-7/12

Postpartum Care: \$25 per couple; 7-9 p.m.

This class talks about after birth care for mom, including postpartum blues and depression, childcare, what to expect after birth and bringing baby home. This class meets one night a week for 2 weeks.

Mondays: 1/22 & 1/29; 2/19 & 2/26

Tuesdays: 5/15 & 5/22

Wednesdays: 3/21 & 3/28

Thursdays: 4/19 & 4/26; 6/7 & 6/14

Childbirth Express - Saturdays: \$30 per couple; 1-4:30 p.m.

No time for anything but the BASICS of childbirth? After a short introduction to comfort techniques such as breathing, positioning, etc., the instructor will guide you through a labor simulation. There will be time for additional questions after the "labor & delivery" is completed. This class meets one Saturday a month.

Saturdays: 1/6, 2/24, 3/10, 4/28, 5/26 (this class begins at 9 a.m.), 6/30