

Part 3

All About Babies

Cost - \$15 per class - Attend all 3 for \$35
(Cost is per family – individual or couple)

We recommend that these classes be attended within 2 months of your baby's due date.

See the schedule for all classes at the bottom of the page

Breastfeeding Basics Class

Breastfeeding a baby provides wonderful benefits for the baby, the mother, and the whole family. The Breastfeeding Basics class is full of helpful information to get you off to a good start. We strongly encourage partners to attend to understand how breastfeeding works - and learn ways to be helpful and supportive. All of our Breastfeeding Basics classes are taught by certified lactation consultants.

Formula Feeding Basics Guide

This guide is available to parents who are not planning to breastfeed.

Please check the box on the registration form and a guide will be mailed to you at no cost.

Newborn Behavior – Understanding your baby

Newborns are amazing. They are born hard-wired to adapt to their new world and to fall in love with you. You will be your baby's guide to learning about the world. Understanding how your baby experiences the world can help you and your baby make the transition easier. Topics include:

- Attachment and bonding – How babies and parents form a lasting connection
- Easing baby's transition to the world right from the first moments after birth
- Wake and sleep states – How to recognize the levels and what works best in each state.
- Why babies cry – Ways to reduce the crying and ways to cope when it happens
- Learning your baby's "Time-out" signals to lower distress or over-stimulation
- Understanding a baby's way of communicating and how a baby learns

Nuts and Bolts of Baby Care - Daily care topics

If you've never taken care of a baby – or if it's been a long time, this class will teach you the basics to get you off to a good start. Here are just few of the topics covered in the class:

- Caring for your baby in the hospital – newborn assessments and procedures
- Hands-on practice and ideas for calming – swaddling, baby wearing, and more
- Sleep for you and your baby – how to help everyone sleep safe and sound
- Hands-on practice - diapering (disposables or cloth), gas relief, bathing, handling baby
- Working with your baby's doctor
- Organizing your day around your baby
- What do you *really* need (to purchase or borrow) to make life easier.
- Bring your questions to class and we'll do our best to answer them or point you in a reliable direction.

Class Schedule - \$15 per class - Attend all 3 for \$35

All expectant parents welcome to attend

All classes are held at Cooley Dickinson Hospital

We recommend that these classes be attended within 2 months of your baby's due date.
 You may attend classes on the same day of the week or feel free to mix and match.

<u>Evening classes</u>	Breastfeeding	Newborn Behavior:	Nuts and	
Bolts	Basics	Understanding Your Baby	of Baby Care	
Monday	6:00-8:00pm	December 28	January 4	January 11
Wednesday	6:00-8:00pm	January 13	January 20	January 27
Wednesday	6:00-8:00pm	February 3	February 10	February 17
Monday	6:00-8:00pm	March 1	March 8	March 15
Wednesday	6:00-8:00pm	March 31	April 7	April 14
Monday	6:00-8:00pm	April 26	May 3	May 10
Wednesday	6:00-8:00pm	May 26	June 2	June 9
Wednesday	6:00-8:00pm	June 23	June 30	July 7

For your convenience, all 3 classes may be taken on the same day if you wish.

<u>Saturday Classes</u>	Newborn Behavior	Nuts and Bolts	Breastfeeding
	Understanding your baby	of Baby Care	Basics
January 30	10am – 12 Noon	12:30 – 2:30pm	3:00-5:00pm
February 27	10am – 12 Noon	12:30 – 2:30pm	3:00-5:00pm
March 27	10am – 12 Noon	12:30 – 2:30pm	3:00-5:00pm
April 24	10am – 12 Noon	12:30 – 2:30pm	3:00-5:00pm
May 22	10am – 12 Noon	12:30 – 2:30pm	3:00-5:00pm
June 26	10am – 12 Noon	12:30 – 2:30pm	3:00-5:00pm