

Getting Ready for Your Newborn

- Live online, via Zoom
- Recommended to complete class by 36 weeks of pregnancy.
- **Class fee: \$60**

This class covers how to care for a baby during the first three months of life. You will learn tips and strategies to use during this brand new experience.

Registration is for up to two people who are planning to care for a newborn baby.

Class covers:

- safe sleep practices
- baby communication: reading baby's cues
- comforting your crying baby
- feeding choices: breast, bottle, and infant formula
- bathing, diapering, dressing
- nail, cord, and circumcision care
- signs of illness and when to call baby's healthcare provider
- car seat basics
- pets and babies

Class dates and registration

- [Check class dates and availability](#)
- [Register for this class](#)

Suggested classes to accompany Getting Ready to Care for Your Newborn: Getting Ready for Breastfeeding