

Life with Baby: Easing the Transition Workshop

- Live online, via Zoom
- **Workshop is free but registration is required.**
- Recommended to take this workshop AFTER Getting Ready for Birth and/or Getting Ready for Newborn.

This workshop helps new parents plan for life adjustments when life includes a new baby. It compliments the Getting Ready classes and covers unique content that is not included in the Getting Ready to Care for Your Newborn class.

Are you curious about how to get sleep, eat healthy, and manage household demands while taking care of your precious new baby? This interactive workshop provides you with fun and customizable practices for your early parenting journey.

It is important to consider each person's history, culture, values, and preferences as you devise your parenting plans. You and your partner will explore what is most meaningful and come up with ideas how to parent and evolve your relationship with open communication and mindfulness techniques.

We welcome all expectant families, regardless of where you plan to give birth or how your family is growing - adoption, baby #2 or 3!

You will develop a plan for:

- self-care
- relationship care
- home care
- baby care

Class dates and registration

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

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