

Great Starts Birth and Parenting Preparation Classes

	Our Classes	What is this class?	Length	Cost	Where	When can I take it?
Birth Preparation	Great Starts Series	Our comprehensive childbirth and parenting series. Includes labor & birth, breastfeeding, and newborn care classes.	7 weeknights or 4 Saturday mornings	\$180	Seattle, Edmonds, Monroe, Bellevue, Burien, Bainbridge Island	For 7wk class: Start by your 30th week of pregnancy For 4wk class: Start by your 33rd week of pregnancy
	Lamaze Series with Kim James	Similar to our comprehensive series but with an emphasis on the philosophy and care practices recommended by Lamaze International.	8 Sunday evenings	\$210	Parent Trust Center for Strong Families (Seattle)	Start by your 29th week of pregnancy
	Penny Simkin's Series	Similar to our comprehensive series. Taught by world-renowned expert, Penny Simkin.	8 Wednesday nights	\$260	Parent Trust Center for Strong Families (Seattle)	Start by your 29th week of pregnancy
	Hypnobirthing	Learn guided imagery to help you visualize and plan your birth. Covers preparation for birth, newborn care, and basic breastfeeding information. Medical interventions and pharmacologic pain relief are not covered in class.	5 Sunday afternoons	\$180 (plus \$25 for materials)	Parent Trust Center for Strong Families (Seattle)	Start by your 32nd week of pregnancy
	Labor & Birth Only	Essential information about the labor process, ways to cope with labor pain, and medical procedures.	2 Saturday mornings	\$125	Seattle, Edmonds, Bellevue	Start by your 35th week of pregnancy
	Better Birth Refresher	Birth preparation for experienced parents. Interactive and customized to meet the needs of class members.	One 3-hour Saturday or weeknight class	\$45	Parent Trust Center for Strong Families (Seattle)	Anytime after 20 weeks
	Working With Labor Pain	Focus on pain coping skills and hands-on practice of labor support. For first-time or experienced parents.	One 3-hour Saturday or weeknight class	\$40	Parent Trust Center for Strong Families (Seattle)	Anytime after 20 weeks
Planning and Early Pregnancy	Planning for Pregnancy	Learn about ways to enhance fertility, improve your health before pregnancy, and options for maternity care.	One 2-hour weeknight class	\$40	Parent Trust Center for Strong Families (Seattle)	Before pregnancy
	Early Pregnancy	Learn about nutrition, exercises, coping with common discomforts, prenatal care, and choosing a birth place.	One 2.5-hour weeknight class	\$35	Parent Trust Center for Strong Families (Seattle)	Before pregnancy through 20 weeks

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Parenting Preparation	Breastfeeding	How to nurse, when to feed, how to know baby is getting plenty, how to prevent challenges, and how to use pumps. Included in these series: Great Starts, Lamaze, and Penny Simkin.	One 2-hour Saturday or weeknight class	\$30	Seattle, Edmonds, Monroe, Bellevue, Burien, Bainbridge Island	In late pregnancy
	Newborn Care	Learn essential basics: physical care, calming crying, bonding, sleep issues, and support resources. Included in these series: Great Starts, Lamaze, and Penny Simkin.	One 2-hour Saturday or weeknight class	\$30	Seattle, Edmonds, Monroe, Bellevue, Burien, Bainbridge Island	In late pregnancy
	Conscious Fathering: Skills for New Dads	Class for expectant or new dads. How to meet baby's basic needs: to be fed, to burp, to be comfortable, to be rested, and to be responded to when they cry.	One 3-hour weeknight class	\$30	Northwest Hospital	Before birth or anytime before baby is 2 months old
	Happiest Baby on the Block	Learn simple, effective techniques for calming crying and helping baby sleep.	One 2.5-hour weeknight class	\$45 (includes DVD)	Northwest Hospital	Before birth or anytime before baby is 2 months old
	Sibling Preparation for Kids	Help your child learn about birth, babies, how your family will change, and life as a big sibling. For ages 2.5 and up.	One 1-hour weeknight class	\$25; \$20 at NW Hospital	Parent Trust Center for Strong Families; Northwest Hospital	Within 2 months before baby's arrival
	Sibling Preparation for Parents	How to prepare your older child(ren) for the arrival of a new sibling. Covers emotional challenges, regression, safety issues, and ways to help prevent or defuse jealousy.	One 1-hour weeknight class	\$20	Parent Trust Center for Strong Families (Seattle)	Within 2 months before baby's arrival
	Baby Care for the Adopting Family	Covers all the basics of how to care for babies up to one year old, including information on family development.	One 3-hour Saturday class	\$45	Parent Trust Center for Strong Families (Seattle)	Before baby's arrival

Health and Safety	Babysafe	Learn about baby's development, safety-proofing, and injury prevention and treatment. Includes basic infant CPR.	One 3-hour Saturday or weeknight class	\$40	Laurelhurst (Seattle Children's) or Northwest Hospital	Before birth or anytime before baby is 6 months old
	Infant and Child CPR	A "Heartsavers" certification class. Covers CPR and choking rescue.	One 3-hour Saturday or weeknight class	\$40	Laurelhurst (Seattle Children's)	Before or after birth or anytime
	CPR for Babysitters	Covers infant & child CPR and choking rescue. Class is for youth, ages 11 - 15.	One 3-hour Saturday or weeknight class	\$40	Laurelhurst (Seattle Children's)	Anytime
	Vaccinations	Get information you need to decide about vaccinations for your child.	One 2-hour weeknight class	\$40	Parent Trust Center for Strong Families (Seattle)	Before birth or anytime before baby is 3 months old