

Great Starts Birth and Parenting Preparation Classes

	Our Classes	What is this class?	Length	Cost	DSHS / Provider One?	Where	When can I take it?
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	NO	Parent Trust Center for Strong Families (Seattle)	Before pregnancy through 2nd trimester
	Preventing Preterm Birth	How to respond to signs of problems that could lead to premature birth. Recommended for all, especially anyone at higher risk for preterm labor. Included in Expecting Multiples series.	One 2.5-hour Saturday or weeknight class	\$30 per couple	NO	UW Roosevelt	In early pregnancy, ideally before 20 weeks gestation
Birth Preparation	Great Starts Full Series	Comprehensive childbirth and parenting series. Includes labor & birth (10 hrs), breastfeeding (2 hrs), and newborn care (2 hrs). Also includes Pregnancy, Childbirth and the Newborn textbook.	7 weeknight (2 hrs/class) or 4 weekend (3.5 hrs/class) sessions	\$180	YES	Seattle (incl. UW, NW Hospital, GH Central, GH Northgate, Center for Strong Families), Mountlake Terrace, Bellevue, Burien	Start by your 30th week of pregnancy (7-wk class) or by your 33rd week of pregnancy (4-wk class)
	8-week Lamaze series with Kim James	Great Starts Full Series with an emphasis on the philosophy and care practices recommended by Lamaze International. Extra session on postpartum care and recovery.	8 weeknights	\$210	YES	Center for Strong Families (Seattle); NW Hospital	Start by your 29th week of pregnancy
	8-week Great Starts Series with Penny Simkin	Great Starts Full Series taught by world-renowned expert, Penny Simkin. Extra session on birth preparation.	8 Wednesday nights	\$285	YES	Center for Strong Families (Seattle)	Start by your 29th week of pregnancy
	Hypnobirthing	Comprehensive series in which you learn guided imagery to help you visualize and plan your birth.	7 Sunday afternoons or 7 Wednesday nights	\$190 (plus \$15 for materials)	YES	Center for Strong Families (Seattle), Mountlake Terrace	Start by your 31st week of pregnancy
	Expecting Multiples with Sheryl Rasmussen	Comprehensive series for those expecting multiples. Includes Pregnancy, Preventing Preterm Birth, Labor & Birth, Breastfeeding, Newborn Care, and Parenting. Experienced parents can take a subset of classes.	7 Thursday nights (2.5 hrs/class)	\$245 (\$175 for experienced parents)	YES	UW Roosevelt	Start early in your second trimester of pregnancy
	Labor & Birth Miniseries	Essential information about the labor process, ways to cope with labor pain, medical procedures, breastfeeding and newborn care.	options vary; 8 hrs total	\$125	YES	Seattle (incl. UW, NW Hospital and GH Central), Mountlake Terrace, Bellevue, Burien, Bothell, Everett	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	NO	Parent Trust Center for Strong Families (Seattle)	Any time 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	NO	Parent Trust Center for Strong Families (Seattle)	Any time after 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 all 7-week, 4-week and 8-week series.	One 2-hour Saturday or weeknight class	\$30 per couple	Seattle (UW, NW Hospital, GH Central, GH Northgate, Center for Strong Families), Mountlake Terrace, Bellevue, Burien	In late pregnancy
	Newborn Care	Learn essential basics: physical care, calming crying, bonding, sleep issues, and support resources. Included in all 7-week, 4-week and 8-week series.	One 2-hour Saturday or weeknight class	\$30 per couple	Seattle (UW, NW Hospital, GH Central, GH Northgate, Center for Strong Families), Mountlake Terrace, Bellevue, Burien	In late pregnancy
	Life with Baby	Adjusting to the first year after baby's birth. Developing routines, getting sleep, returning to work, strengthening the couple relationship, and more!	One 2-hour Saturday or weeknight class	\$30 per couple	UW Roosevelt, NW Hospital	In late pregnancy, or any time before baby is 3 months old
	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. Specific information for dads.	One 3-hour weeknight class	\$30 per dad (can bring male relative for free)	UW Roosevelt, NW Hospital	Before birth or any time before baby is 3 months old
	Happiest Baby on the Block	Learn simple, effective techniques for calming crying and helping baby sleep.	One 2.5-hour weeknight class	\$50 per couple (includes DVD)	UW Roosevelt, NW Hospital, Center for Strong Families (Seattle)	Before birth or any time before baby is 3 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	\$20-\$25; \$10 per additional sibling	NW Hospital, Center for Strong Families (Seattle)	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 per couple	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 per couple	Center for Strong Families (Seattle)	Before baby's arrival
	Becoming Parents Program	Critical skills, information, and support for strengthening the couple relationship prior to or during the first year after the birth of a child.	6 weekends; 18 hrs total	\$380 (\$285 if also taking a full series)	Center for Strong Families (Seattle); NW Hospital	Before pregnancy through baby's 1st year
Health and Safety	Infant and Child CPR	An AHA "Heartsavers" certification class. Covers adult, infant and child CPR and choking rescue.	One 3-hour Saturday or weeknight class	\$40 per individual	Seattle Children's (Administration Building, 70th and Sand Point)	Before or after birth or any time; card is valid for 2 yrs
	CPR for Babysitters/Teens	An AHA "Heartsavers" certification class. Covers adult, infant & child CPR and choking rescue. Class is for youth, ages 11 - 15.	One 3-hour Saturday, Sunday or weeknight class	\$40 per individual	Seattle Children's (Administration Building, 70th and Sand Point)	Any time - summer classes fill quickly
	Babysafe	Learn about baby's development, safety-proofing, and injury prevention and treatment. Includes some basic infant CPR.	One 3-hour Saturday or weeknight class	\$40 per couple	Seattle Children's Administration Building, UW Roosevelt, UW Shoreline, NW Hospital	Before birth or any time in baby's first year