

Great Starts Specialty Classes: Winter/Spring 2012



Baby Care for the Adoptive Family (\$45/couple)
Center for Strong Families at 2200 Rainier Ave S.
Instructor: Dolly Smith, IBCLC

Sat	17-Mar	9am - noon
Sat	19-May	9am - noon

Better Birth Refresher (\$45/couple)
Center for Strong Families at 2200 Rainier Ave S.
Instructor: Janelle Durham, MSW

Sat	7-Jan	9:30am - 12:30pm
Sat	3-Mar	9:30am - 12:30pm
Sat	28-Apr	9:30am - 12:30pm

Babysafe: Infant Safety and CPR (\$20/individual)
Seattle Children's, NW Hospital or UW Medicine
Instructor varies; taught by AHA-certified CPR instructor

Thu	12-Jan	6-9pm	UW Roosevelt
Sat	28-Jan	9:30am - 12:30pm	NW Hospital
Thu	16-Feb	6-9pm	Seattle Children's
Tue	28-Feb	6-9pm	UW Roosevelt
Sat	10-Mar	9:30am - 12:30pm	NW Hospital
Thu	15-Mar	6-9pm	UW Roosevelt
Wed	28-Mar	6-9pm	UW Shoreline
Thu	12-Apr	6-9pm	Seattle Children's
Sat	21-Apr	9:30am - 12:30pm	NW Hospital
Tue	24-Apr	6-9pm	UW Roosevelt

Cloth Diapering & Elimination Communication (\$20/individual)
UW NW Hospital & Medical Center or Center for Strong Families
Instructor: Natalie Velush, owner of Punkernoodle Baby

Sat	14-Jan	11am-1pm	Center Strong Families
Sat	18-Feb	11am-1pm	NW Hospital
Sat	7-Apr	11am-1pm	Center Strong Families

Conscious Fathering (\$30/dad - can bring male relative)
NW Hospital or UW Medicine
Instructor: Matt Edwards, MA

Thu	12-Jan	7-9:30pm	UW Roosevelt
Thu	9-Feb	7-9:30pm	NW Hospital
Thu	8-Mar	6:30-9pm	UW Roosevelt
Thu	12-Apr	6:30-9pm	NW Hospital

Infant and Child CPR: AHA Certification Class (\$40/individual)
Seattle Children's Administration Bldg (6901 Sand Point Way NE)
Instructor varies; taught by AHA-certified CPR instructor

Thu	19-Jan	6-9pm
Sat	21-Jan	2-5pm
Tue	24-Jan	6-9pm
Sat	4-Feb	9:30am - 12:30pm
Tue	21-Feb	6-9pm
Thu	1-Mar	6-9pm
Tue	6-Mar	6-9pm
Thu	15-Mar	6-9pm
Tue	20-Mar	6-9pm
Sat	31-Mar	2-5pm

Early Pregnancy (The First 5 Months) (\$20/individual, \$35/couple)
Center for Strong Families at 2200 Rainier Ave S.
Instructor: Carrie Kenner, LCCE

Mon	30-Jan	6:30-9pm
Mon	12-Mar	6:30-9pm

Happiest Baby on the Block (\$20/individual, plus \$15/couple for DVD)
NW Hospital, Center for Strong Families, UW Medicine
Instructor: Jennifer McArthur, CD(DONA) or Debra Shelden

Tue	24-Jan	6:30-9pm	UW Roosevelt
Tue	7-Feb	6:30-9pm	Center Strong Families
Tue	13-Mar	6:30-9pm	NW Hospital
Thu	5-Apr	6:30-9pm	UW Roosevelt

Life with Baby - Making the Transition to Parenthood (\$30/couple)
UW Medicine or NW Hospital

Instructor varies; taught by postpartum doulas or CBEs with children

Sat	varies	9:30-11:30am	UW Roosevelt
Mon	varies	7-9pm	NW Hospital
Wed	varies	7-9pm	NW Hospital

Preventing Preterm Birth (\$30/couple)
UW Medicine Roosevelt Clinic

Instructor: Sheryl Rasmussen, RN

Tue	26-Jan	6:30-9pm
Tue	15-Mar	6:30-9pm
Sat	21-Apr	12:30-3pm

Sibling Adjustment: For Big Brother/Sister (\$25/child, +\$5/sib)
Center for Strong Families at 2200 Rainier Ave S.

Instructor: Penny Simkin, PT

Mon	16-Jan	6-7pm
Mon	20-Feb	6-7pm
Mon	19-Mar	6-7pm
Mon	16-Apr	6-7pm

Sibling Adjustment: For Big Brother/Sister (\$20/child, +\$5/sib)

UW NW Hospital & Medical Center
Instructor: Xena Eckert-Harris, CBE

Sun	12-Feb	10-11am
Sun	1-Apr	10-11am

Sibling Adjustment: For Parents (\$20/family)
Center for Strong Families at 2200 Rainier Ave S.

Instructor: Xena Eckert-Harris, CBE

Sun	22-Jan	10-11am
Sun	18-Mar	10-11am

Working with Labor Pain (\$40/couple)

Center for Strong Families or PTWC Mountlake Terrace classroom
Instructor varies; taught by Birthing from Within childbirth educators

Wed	18-Jan	6:30-9:30pm	Center Strong Families
Wed	1-Mar	6:30-9:30pm	Center Strong Families
Sat	1-Apr	9:30am - 12:30pm	Center Strong Families
Wed	26-Apr	6:30-9:30pm	Center Strong Families