



Strong Families Begin at Home

All men are partners in parenting. Conscious Fathering classes help new dads begin their journey to fatherhood with an understanding of basic childcare skills and a philosophy that will last a lifetime.



CLASS COMPONENTS

- Defining yourself as a father.
- Your babies 5 basic needs.
- Communicating with your baby.
- A framework for solid fathering for all of your child's ages and stages.
- Parenting CPR - Consistent, predictable, reliable.
- Building a partnership with mom in caring for and nurturing your baby from day one.

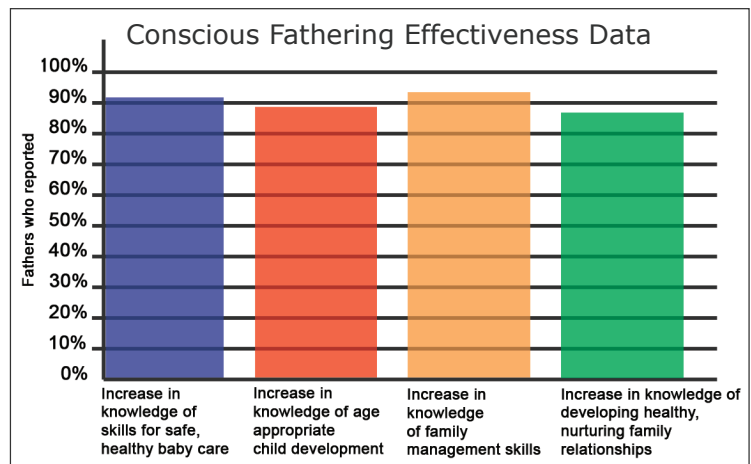
92% of participants reported an increase in a knowledge of parental roles & responsibilities.

ANSWERS TO QUESTIONS

- *What will I do when they cry? How will I soothe them?*
- *How will I know when my baby is hungry?*
- *How much rest does my baby need?*

REGISTRATION

(206) 789-0883 or
www.greatstarts.org
www.parenttrust.org



Established in 1978, Parent Trust for Washington Children's parent education and family support programs bring help, hope, and joy to parents, caregivers, children and teens in every county in Washington State.