

## Great Starts™ Birth and Parenting Preparation Classes

	Our Classes	What is this class?	Length	Cost for 2 adults**	Provider One/DSHS	Where	When can I take it?
Pregnancy	<b>Preventing Preterm Birth</b>	Risk factors, prevention, and treatment of preterm labor. Recommended for all, especially anyone at higher risk for preterm labor. <i>Included in Expecting Multiples series.</i>	One 2-hour Saturday or weeknight class	\$45	NO	UW Northgate (Seattle)	In early pregnancy, ideally before 25 weeks gestation
Birth Preparation Series	<b>Great Starts™ Full Series*</b>	Comprehensive series covers all the essential info about birth and parenting. Includes labor & birth (10 hrs), breastfeeding (2.5 hrs), newborn care (2.5 hrs). Reunion after babies are born (2 hrs).	6 wknights (2.5 hrs each) or 3 wkend mornings (5.5 hrs, incl. lunch); 17 hrs total	\$225	YES	Seattle (incl. UW Roosevelt & UW Northgate, NW Hospital, GH Central, Center for Strong Families), Mountlake Terrace, Bellevue	Choose a class that starts 2 to 3 months before your due date
	<b>8-week Lamaze® series with Kim James*</b>	Great Starts Full Series with an emphasis on the philosophy and care practices recommended by Lamaze International. Extra session on postpartum care and	8 weeknights	\$285		NW Hospital	
	<b>8-week Great Starts™ Series with Penny Simkin, PT *</b>	Great Starts Full Series taught by world-renowned expert, Penny Simkin. Extra session on birth preparation.	8 Wednesday nights	\$300		Center for Strong Families (Seattle)	
	<b>HypnoBirthing® *</b>	Comprehensive series in which you learn guided imagery to help you visualize and plan your birth.	7 Sunday evenings or 7 Wednesday nights	\$285		Center for Strong Families (Seattle), Mountlake Terrace	
	<b>Expecting Multiples* with Sheryl Rasmussen, MSN, RN</b>	Great Starts™ class for those expecting twins or more. Learn about birth practices, preventing preterm birth when high risk, breastfeeding/newborn care for babies, and if born premature.	2-day weekend intensive (6 hours each), Sat/Sun afternoons.	\$210		UW Roosevelt, UW Northgate	Before 25 wks is ideal, when possible, or at least before 32 weeks
	<b>Labor &amp; Birth Mini-series*</b>	Essential information about the labor process, ways to cope with labor pain, medical procedures, breastfeeding and newborn care.	1-day or 2-half day options; 8 hrs total	\$150		UW Roosevelt & UW Northgate, NW Hospital, Center for Strong Families, Mountlake Terrace, Renton	Start <i>at least</i> one month before your due date
	<b>Labor &amp; Birth for Teens*</b>	Our Labor & Birth Miniseries adapted for teen and young adult parents.	2- half-day, 8 hours total, on Saturdays or Sundays	\$125		Parent Trust Center for Strong Families (Seattle)	
Birth Specialty	<b>Better Birth Refresher</b>	Birth preparation for experienced parents. Interactive and customized to meet the needs of class members.	One 3-hour Saturday class	\$57	NO	Parent Trust Center for Strong Families (Seattle)	Any time after 20 weeks
	<b>Working With Labor Pain</b>	Focus on pain coping skills and hands-on practice of labor support. For first-time or experienced parents.	One 2.5-hour Saturday class	\$50		UW Roosevelt or Parent Trust Center for Strong Families	

\* includes a copy of Pregnancy, Childbirth, and the Newborn textbook

\*\*NOTE: Scholarships available for *any* series or class, contact Registration for more details

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<b>Parenting Preparation</b>	<b>Breastfeeding</b>	How to nurse, when to feed, how to know baby is getting plenty, expressing milk, and how to prevent challenges. <i>Included in all series 3 weeks long or greater.</i>	One 2.5-hour Saturday or weeknight class Mon.-Thur.	\$45	Seattle (UW Roosevelt and UW Northgate, NW Hospital, GH Central, Center for Strong Families), Mountlake Terrace, Bellevue, Renton	Third Trimester (28 weeks or later)
	<b>Newborn Care</b>	Learn essential basics: physical care, calming crying, bonding, sleep issues, and support resources. <i>Included in all series 3 weeks long or greater.</i>	One 2.5-hour Saturday or weeknight class Mon.-Thur.	\$45	Seattle (UW Roosevelt and UW Northgate, NW Hospital, GH Central, Center for Strong Families), Mountlake Terrace, Bellevue, Renton	
	<b>Life with Baby</b>	Beyond newborn care basics! Adjusting to the first year after birth. Developing routines, getting sleep, returning to work, strengthening couple's relationship, and more!	One 2-hour Saturday or weeknight class	\$40	UW Roosevelt, Center for Strong Families (Seattle)	
	<b>Conscious Fathering™</b>	For expectant or new dads. How to meet baby's basic needs: to be fed, to burp, be comfortable, be rested, and be responded to when they cry.	One 3-hour weeknight or Sat. a.m. class	\$40 per person (father-figures only)	UW Roosevelt, NW Hospital	Before birth or any time before baby is 3 months old
	<b>Sibling Preparation for Kids</b>	Help your child learn about birth, babies, how your family will change, and life as a big sibling. Ideal for ages 2.5 - 6.	One 1-hour weeknight or weekend class	\$30 for parent(s) and one child; \$10 per additional sibling	NW Hospital, Center for Strong Families (Seattle)	Within 2 months before baby's arrival
	<b>Sibling Preparation for Parents</b>	How to prepare your child(ren) for baby's arrival. Covers emotional challenges, regression, safety and ways to defuse jealousy. (Adults only class)	One 1-hour weekend class	\$30	NW Hospital	
	<b>Baby Care for the Adopting Family</b>	Covers all the basics of how to care for adopted babies up to one year old, including information on family development.	One 3-hour Saturday class	\$57	UW Roosevelt	Before baby's arrival
<b>Safety</b>	<b>Babysafe with Infant CPR</b>	Learn about milestones in baby's development, safety-proofing, and injury prevention and treatment. Includes AHA infant choking rescue and CPR practice.	One 4-hour weekend, or two 2-hour weeknight class	\$50 per couple	Seattle Children's Administration Building, UW Roosevelt, UW Shoreline, NW Hospital	Before birth or any time in baby's first 6 months

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**Registration Staff:** (206) 789-0883, M-F, 10am-2:30pm; **email:** greatstarts@parenttrust.org; **online:** <http://www.parenttrust.org/classregistration/>