

Great Starts™ Birth and Parenting Preparation Classes

Our Classes	What is this class?	Length	Cost for 2 adults**	DSHS/ Medicaid	Where	When should it be taken?	
Pregnancy	Preventing Preterm Birth	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 class	\$47	NO	Parent Trust Center for Strong Families (Seattle)	In early pregnancy, ideally before 25 weeks gestation, or as able before 36 weeks
Birth Preparation Series*	Great Starts™ Full Series*	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	\$235	YES	Seattle (incl. UW Roosevelt, NW Hospital, Center for Strong Families), Mountlake Terrace, Bellevue, Renton	Choose a class that starts 2 to 3 months before your due date
	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	\$285		Northwest Hospital (Seattle)	
	8-week Great Starts™ Series with Penny Simkin, PT*	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)	
	HypnoBirthing®*	Comprehensive series in which you learn guided imagery to help you visualize and plan your birth.	7 Sunday evenings or 7 Wednesday nights	\$295 (+\$16 materials fee, opt'l)		Northwest Hospital (Seattle)	
	Expecting Multiples* with Sheryl Rasmussen, MSN, RN	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		Parent Trust Center for Strong Families (Seattle)	Before 25 wks is ideal, when possible, or at least before 32 weeks
	Labor & Birth Mini-series*	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	\$155		UW Roosevelt, NW Hospital, Center for Strong Families, Mountlake Terrace, Renton	Start <i>at least</i> one month before your due date
Birth Speciality	Better Birth Refresher	Birth preparation for experienced parents. Interactive and customized to meet the needs of class members.	One 3-hour Saturday class	\$58	NO	Parent Trust Center for Strong Families (Seattle)	Any time after 20 weeks gestation
	Working With Labor Pain	Focus on pain coping skills and hands-on practice of labor support. For first-time or experienced parents.	One 2.5-hour Saturday class	\$52		UW Roosevelt or Parent Trust Center for Strong Families	

* includes a copy of *Pregnancy, Childbirth, and the Newborn* textbook, coupon codes for FREE Conscious Fathering class, and 15% discount on other classes

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

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Parenting Preparation	Breastfeeding	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 (save if combined with Newborn Care or series)	Seattle (UW Roosevelt, NW Hospital, Center for Strong Families), Mountlake Terrace, Bellevue, Renton	Third Trimester (28 weeks or later)
	Newborn Care	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 (save if combined with Newborn Care or series)	Seattle (UW Roosevelt, NW Hospital, Center for Strong Families), Mountlake Terrace, Bellevue, Renton	
	Life with Baby	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 2.5-hour Saturday or weeknight class	\$45 (save if combined with series or Breastfeeding + Newborn Care)	NW Hospital, UW Roosevelt, and Center for Strong Families (Seattle), Mountlake Terrace	
	Conscious Fathering™	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	\$47 per person (father-figures only), free if registered with series	Seattle (UW Roosevelt, NW Hospital, Center for Strong Families), Mountlake Terrace, Bellevue, Renton	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. 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
	Sibling Preparation for Parents	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	
	Baby Care for the Adopting Family	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	\$58	UW Roosevelt	Before baby's arrival
Safety	Babysafe with Infant CPR	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	\$67	Seattle Children's Administration Building, UW Roosevelt, NW Hospital, Mountlake Terrace	Before birth or any time in baby's first 6 months

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

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