



PARENT TRUST
FOR WASHINGTON CHILDREN



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Parent Trust's Great Starts™ new parent classes provide unbiased education about pregnancy, birth, and parenting. Our Great Starts™ program authors childbirth books and trains birth educators.

Scan to learn more about our classes:



Parent Trust works to ensure that every parent has the knowledge and skills they need to raise healthy, thriving children.

Call our **Family Help Line** at **1.800.932.4673** for information, parent coaching, supported referrals, and community resources.



GREAT STARTS™

Our birth and new parent education classes help get your family off to a Great Start!

Online and In-person

“This is an exceptional class, full of hands-on, practical info. It serves to build confidence and gives great perspective. Easily the best class I’ve taken.”

- Great Starts Class Participant

parenttrust.org/classes

PARENTTRUST.ORG

WE EQUIP PARENTS & CAREGIVERS TO RAISE SAFE, HEALTHY, & STRONG CHILDREN



Why Take a Great Starts™ Class?

Because we connect you to ...

The knowledge you need: We'll help you understand and apply the most essential information you need as you become a new parent.

Your community: Meet other new parents, share experiences, support and learn from each other.

Your baby: Learn how to care for your baby's needs, understand and respond to your baby's cues, and emotionally bond with your child.

Your own strengths: Discover your inner resources for coping with labor and being your own advocate.



"Being a first-time parent, I was nervous about the whole birth process. These classes put my mind at ease."

Get answers to your questions!

How will I know labor is beginning?

How can I support my partner in labor?

What can we expect in baby's early days?

How can I learn to be the best dad I can be?

Parent Trust's Great Starts™ Classes Online and throughout Puget Sound

Great Starts™ Series*

Comprehensive series. Covers late pregnancy, birth, pain relief options, labor coping skills, medical procedures, and postpartum recovery. Also includes Breastfeeding and Newborn Care classes, which cover basic skills for the first month after baby's birth.

Labor & Birth Mini-Series

A condensed class that covers the stages of labor, basic coping skills, typical medical procedures, pain medications, and postpartum care for parents and baby. 2-day and 1-day formats.

Lamaze® Series (8 weeks)*

Comprehensive series. Emphasizes the philosophy and best care practices recommended by Lamaze International. Also Includes Great Starts™ Breastfeeding and Newborn Care classes.

**Class reunion after all the babies are born.*

Penny Simkin™ Series (8 weeks)*

Taught by Katie Rohs

This comprehensive series, created by renowned childbirth educator, Penny Simkin, combines the latest information from Labor & Birth, Newborn Care, and Breastfeeding.

Conscious Fathering™

Become the dad you want to be. Learn techniques for responding to infant cues, feeding, diapering, calming a crying baby, plus ways to develop a healthy bond.

HypnoBirthing® (7 weeks)*

Comprehensive series. Learn how to achieve a truly calm, comfortable state of relaxation for birth. Through guided imagery, you can visualize and plan for birth with less fear. The series also includes Great Starts™ Breastfeeding and Newborn Care classes.

Additional Classes Include:

- BabySafe with Infant CPR
- Newborn Care Basics
- Breastfeeding Basics
- Life with Baby
- Better Birth Refresher
- Sibling Preparation
- Expecting Multiples
- Working with Labor
- And more!



Our classes fill quickly. Please register for classes that end 3-6 weeks before your baby's estimated due date. Scholarships are available, and we accept Apple Health.

Register at: parenttrust.org/classes or call 206.789.0883