

# 2010 Classes for Parents and Families

Special Beginnings Birth and Women's Center is offering several free classes for parents, parents-to-be and those contemplating parenthood. Some classes require a nominal fee.

## **Motherhood Experience** – 7 to 8:30 p.m. Monday or Wednesday

July – Wednesday 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>  
August – Wednesday 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>  
September – Wed 8<sup>th</sup>, Mon 20<sup>th</sup> and 27<sup>th</sup>  
October – Monday 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>  
November – Wednesday 10<sup>th</sup>, and 17<sup>th</sup>  
December – Wednesday 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>



This seminar is for women who are pregnant or planning to become pregnant. Learn how to reduce your chance of needing a cesarean birth, avoid an episiotomy, gain control over labor and plan your own birth experience. Tour the facility and hear the benefits of receiving prenatal care and giving birth in a warm, personal atmosphere with the attention of certified nurse-midwives.

## **Breastfeeding Basics** – 7 to 9 p.m. Cost is \$10 for non-SBBWC clients

Wednesday, July 21<sup>st</sup>  
Wednesday, August 18<sup>th</sup>  
Wednesday, September 15<sup>th</sup>  
Wednesday, October 20<sup>th</sup>  
Wednesday, November 17<sup>th</sup>  
Wednesday, December 15<sup>th</sup>

Explore the advantages of breastfeeding and learn if breastfeeding is right for you. Other issues surrounding this feeding method will also be discussed.



## **Baby Care Basics** – 6:00 to 8:00 p.m. Cost is \$10 for non-SBBWC clients

Wednesday, July 7<sup>th</sup>  
Wednesday, August 4<sup>th</sup>  
Wednesday, September 1<sup>st</sup>  
Wednesday, October 6<sup>th</sup>  
Wednesday, November 3<sup>rd</sup>  
Wednesday, December 1<sup>st</sup>

How can I get a newborn baby to stop crying? How can I tell if a baby is hungry, sick or in need of something? At what age will my baby begin to talk, crawl, stand or walk? Get answers to these questions and more

## **Sibling Preparation Class** – 5:30 to 7 p.m. Cost is \$10 for non-SBBWC clients

Wednesday, July 14<sup>th</sup>  
Wednesday, September 8<sup>th</sup>  
Wednesday, November 10<sup>th</sup>

The class prepares parents and children three years old or older for a baby's arrival. Attendees learn what happens during labor, how to hold a baby and ways children can help prepare for the new arrival.

**To register for any of these classes, call Special Beginnings at 410-626-8982**

