

# RECOMMENDED CHILDBIRTH PREPARATION CLASSES

<b>FIRST TIME PARENTS register for these classes:</b>
Labor & Birth Basic series ( <i>includes tour</i> )
A Day About Baby class
Infant Feeding & Pumping class

<b>EXPERIENCED PARENTS, register for these classes:</b>
Refresher Labor & Birth classes
Siblings class

<b>TEENS &amp; YOUNG ADULTS register for these classes:</b>
Labor & Birth for Teens and Young Adults to age 21

<b>THOSE EXPECTING MULTIPLES register for these classes:</b>
Multiples Labor & Birth series
Multiples Seminar: Life with More than One Baby

<b>Other Recommended Classes:</b>
<b>Bringing Baby Home</b> – To prevent all too common “marital meltdown” after the birth of a baby, a couples class designed by Dr. John Gottman for expectant or new parents.
<b>Dads Only</b> class is especially recommended for first-time fathers-to-be.
<b>Grandparents</b> class is enjoyed by new and experienced alike.
<b>Siblings</b> class helps prepare 2 to 6 year olds for a new baby; they attend with their parents, and make a gift for the baby-to-be.
<b>Car Seat Safety</b> classes help you select a safe car seat, and make sure it is properly installed for maximum protection.
<b>Parent-Baby</b> classes are a great way to meet other new parents and get parenting tips from our Evergreen experts. The “Snugglers” series, for babies 0-3 months old, is free.