

Perinatal Education Class Brochure

This brochure includes all our various classes available to you and your family. We encourage you to join more than one class for learning, readiness to parent, trusted information and resources and invaluable peer connections!

There are classes suitable for everyone in your family or network - Moms, Dads, siblings, caregivers, and grandparents.

Thank you for becoming a part of our Program!

“Having a Baby” – Pregnancy Classes

Early Pregnancy

This free two hour interactive class will get you thinking about the changes pregnancy brings to your body, relationships, and lifestyle. Come early in your pregnancy to give you, your partner and your baby the best start. Topics covered include:

- Lifestyle choices to facilitate a healthy pregnancy
- Relationship changes
- Common discomforts, challenges and coping
- Choosing a caregiver and the differences between Obstetrical, Family Physician and Midwifery care
- Warning and preterm labour signs
- Decision making
- Resources

Free

Healthy Eating for Pregnancy

Looking for nutrition information? Wanting to know how your nutrition needs change during pregnancy or what foods are safe to eat while you are pregnant? Join a Registered Dietitian and learn more about nutrition during pregnancy, including tips to help you eat well and stay healthy. Pregnant women at any stage of their pregnancy can attend. Your spouse, partner or a support person is also welcome to attend with you.

Free

Relax for Pregnancy and Labour

This session will explore a variety of relaxation and coping techniques that will give you practical ways to get in touch with your body, release tension, and handle changes in positive ways. This session will also give you more skills and confidence for labour.

\$40

Pregnancy Massage for Couples

This interactive workshop teaches both partners massage techniques for pregnancy, labour, and general relaxation.

\$40

“Having a Baby” - Childbirth Classes

Birth and Babies

The most comprehensive prenatal and postnatal experience. Classes run for 10 consecutive weeks, beginning about 6 to 7 weeks before your due date and continuing beyond birth. A celebration is held on the last class.

Prenatal Topics: Week 1 to 5:

- Signs of labour
- How labour progresses
- When to go to the hospital
- Breathing, relaxation, positioning and other comfort measures
- Medical procedures
- Pain medications
- Decision-making
- Breastfeeding

Postpartum Topics: Week 6 to 10:

- Baby care basics
- New parent tips
- Community resources
- Communication and relationships
- Getting out and about with baby
- Infant massage
- Travelling with baby
- Home safety and health

Choose your Birth and Babies class according to your due date

Ideally, your baby is born between weeks five and seven of the class, then you and baby come back to class. If you select a class that begins too early, or too late, you will not get the full benefit from the classes and full participation.

By setting up a log-in and account with your due date, this will help you to register for the best Birth and Babies class to match your due date. If there is more than one class available at that time, select the most convenient location.

\$225

Childbirth Essentials

Discussion, multimedia presentations, and practice sessions are used to help you prepare for labour, birth and parenting.

Topics include:

- Signs of labour
- How labour progresses
- When to go to the hospital
- Breathing, relaxation, positioning and other comfort measures
- Medical procedures
- Pain medications
- Decision-making
- Breastfeeding and baby care basics
- New parent tips
- Community resources

Childbirth Essentials is offered in a variety of formats to meet your needs, choose from:

Childbirth Essentials Weeknight

A two hour class held one evening a week for six weeks.

\$140

Childbirth Essentials Weekend Series

A three hour class held over four consecutive Saturdays.

\$145

Childbirth Essentials Express

Two full day Saturday workshops

\$150

Childbirth Essentials for Midwifery Clients

This series, intended for families receiving midwifery care, builds on the support and information you already receive from your midwife. You will have an opportunity to understand how you can work with your body's own ability to labour, birth, breastfeed and parent. The emphasis is on coping, comfort and support techniques useful for late pregnancy, labour, birth and the early postpartum period and also includes breastfeeding and baby care.

A two hour class held one evening a week for six weeks.

\$140

Twins and Triplets Childbirth Essentials

This series builds on the regular Childbirth Essentials with emphasis on the impact of having multiples. Information on premature birth, the care of preterm babies and practical strategies for feeding and caring for your babies is covered. Don't forget to sign up for your free "Twins, Triplets and More: Adjusting to Parenthood" class that is included with your purchase of a Childbirth Essentials series.

\$140

Childbirth Essentials for Teens

These free classes are for teen moms with or without partners. They are two hour classes held one evening a week for four weeks.

FREE

Refresher Childbirth Classes

Vaginal Birth after Cesarean Childbirth Essentials

This class is for parents expecting the second (or third) baby who had their last baby by cesarean. The topics covered build on your knowledge, skills, experience, and needs. You will learn how to prepare for a vaginal birth after a cesarean, and practice comfort techniques for labour. This is a series of two classes.

\$75

What's New for Baby Number Two

This Saturday one-session refresher class, is for parents expecting their second (or third) baby. In this class you will build on your knowledge, skills and experience. Topics include reflection on your previous experience, labour and birth comfort and coping strategies, medications and interventions and local information and resources.

\$75

Please also see the Big Brother and Big Sister and the Helping your Child Adjust classes below.

Preparing for New Baby

Parenthood is a new stage of life - sometimes wonderful and sometimes frustrating. Learning about basic care for yourself and your baby and how to find other resources can help you adjust to your new role. For the most benefit, take these classes before baby arrives.



Buying for Baby

Baby is coming, what do you really need to buy? How many diapers will you need? Is a more expensive stroller better for baby? What kind of toys are best for baby's development? Answers to these questions and more will help you decide what to buy and how much to spend. Information about parental benefits and RESP's for baby will also be discussed. We promise you can save at least \$500 by attending this one evening class. Register anytime in pregnancy.

\$10 single \$15 couple

Especially for Fathers

This class is devoted to fathers and fatherhood, what it means to you to become a new father and what kind of parenting role you want for yourself and for your child. The top concerns of fathers for pregnancy, birth and fatherhood will be discussed as well as coping strategies for your new role. This three-hour Saturday class is for dads only, and is best taken before the baby is born.

\$45

Grandparenting the Next Generation

Already a grandparent or about to become a grandparent? Want to help and support and don't want to intrude or say the wrong thing? Not sure about the latest sleeping, feeding, or child safety information? Come along to this two-hour class to learn about these topics and to explore your grandparenting role.

\$40

New Baby, Old Pet: Introducing Baby to Rover

Presented by the Calgary Humane Society .In this two-hour class learn about animal behaviors and how to help your pet get used to the new baby. Some Humane Society resources will be available for sale. Thank you for leaving your pet at home as we cannot accommodate pets in class.

\$30

Sleep Like a Baby

For expectant parents, and parents of babies under three months. Come to this two-hour class to learn about normal newborn sleep patterns, parents' expectations about sleep, how to handle feeling exhausted, and where to find resources to help newparents.

\$40

Big Brother, Big Sister

This Saturday class has activities, videos, discussions, and hands-on practice to teach children ages 3 to 8 about birth and what it may feel like to have a new brother or sister. A parent must stay in the classroom.

1st child \$25, 2nd child \$15

Helping Your Child Adjust to a New Baby

This two-hour evening class is to help parents understand how a new baby can affect your older child. Parenting strategies for different age groups and for your child will be discussed. **This class is for adults only.**

\$40

Twins, Triplets and More: Adjusting to Parenthood

Join representatives from the [Twins, Triplets, and More Club](#) to talk about adjusting to life with more than one baby. Helpful tips and community resources for parents of multiples will be covered in this two-hour class. (Included with your purchase of a Childbirth Essentials class)

\$25

Loving Hands: Calming Your Baby with Touch

Before your baby arrives come to this two-hour evening class to learn different massage skills to comfort and relax them from the day they are born. Hands-on practice and video demonstrations will help increase your confidence in soothing your baby. Ways to help your baby self-calm and relax will also be included. (For expectant parents).

\$40

Adoptive Baby Care

A chance for adoptive parents to share experiences, ask questions, and learn about the transition to parenthood. This is a 2.5 hour interactive class. Learn about:

- Newborn characteristics and behavior
- Infant cues and communication
- Sleep and crying
- Newborn care, safety, and illnesses
- Feeding
- Community resources for new parents

\$45

Baby Care

This class is included in all Childbirth Essentials and Birth & Babies series.

Have some hands-on fun in this two-hour interactive class. Get your questions answered and learn more about the amazing ways that newborns communicate. Learn about infant crying, diapering, bathing and get practical tips for new parents.

\$30

Breastfeeding

This class is included in all Childbirth Essentials and Birth & Babies series.

This two-hour class will cover:

- How breastfeeding works
- Feeding cues
- Breastfeeding positions and latching baby on
- Normal newborn feeding patterns
- Resources

Free

As Baby Grows

Now that you are a parent coping with the day-to-day needs of a growing baby, you are also learning more about what it really means to be a parent. These classes help you learn more about growth and development, how parenting styles can make a difference in your baby's development and adjusting to family life as your baby grows.

Baby & You for Moms

A 4-week daytime series for new mothers and babies between 8 weeks and 9 months. These fun and informative classes will help you understand your baby and your family plus give you an opportunity to meet other new parents in your community and share experiences.

Topics may include:

- temperament and crying
- healthy sleep development
- introducing solid foods
- family transitions
- keeping baby safe and healthy
- play and brain development
- returning to work and childcare

Bring your baby to class!

\$25

Daddies & Babies

A 2-week Saturday series for new fathers and babies between 8 weeks and 9 months. Bring your baby and meet with other new dads. Learn about your baby's development, play, sleep, and parenting. Talk about the challenges of being a new father and how you can balance work and family. Just for dads.

\$15

Baby Safe (coming soon)

In these classes you will learn ways of preventing home injuries and be introduced to basic first aid and infant/child CPR. Come by yourself or bring baby with you. This is not a certification class.

TBA

Sleep Workshop for Tired Parents

For parents of babies 6 to 12 months of age. Are your baby's sleep patterns not working for your family? Come to this two-hour evening class to learn more about, normal sleep pattern development and cues, realistic expectations about night and nap time sleep for baby, various strategies for changing the baby's sleep habits, coping and how to handle feeling exhausted and resources for support

\$40

Infant Massage

Classes are presented by an external provider for babies from birth to 7 months-or crawling. Infant massage enhances the loving communication between parent and baby. Learn massage techniques that may increase your infant's comfort and help with gas and fussy periods. This class can be attended in two formats:

Learn to Massage Your Baby: One 90 minute session, bring your baby to class.

\$35

Infant Massage: Four week series (one hour for four weeks), bring your baby to class.

\$80

Feeding Your Baby

A two-hour daytime class for parents, caregivers, and babies. Are you getting ready for your baby to start solid foods? Then this class is for you! A dietitian will answer your questions about what to feed first, textures, and other topics related to feeding your baby. Babies are welcome.

Free

Nutrition for New Moms

If you've had a baby recently, this two-hour daytime class is for you! Join a Registered Dietitian and learn how to use food to boost your energy levels, how to lose the "baby weight" in a healthy and sustainable way, and what to eat (and what to not eat) when breastfeeding. Babies are welcome.

Free

Mealtime Struggles to Mealtime Success

Do you have questions about your child's eating? In this two-hour class evening class learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. Taught by a dietitian, this class is for parents and caregivers with children 1-5 years of age. **Adults only please.**

Free