

Prepare for Your 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 during pregnancy.



Classes available are:

Adoptive Baby Care

A chance for adoptive parents to share experiences, ask questions, and learn about the transition to parenthood. Learn about:

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

\$45

Big Brother, Big Sister

Activities, videos, discussions, and hands-on practice are used 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

Breastfeeding

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

This class is a practical supplement to the basics in the online course. Come with your partner to this interactive multimedia session to practice positions for breastfeeding, and talk about strategies to avoid common breastfeeding challenges. This is a **FREE** class!

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, learn more about the amazing ways that newborns communicate, find out how you react to infant crying, and talk about practical tips for new parents.

\$30

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. Applying for parental benefits and opening an RESP for baby will also be discussed. We promise you can save at least \$500 by attending this one night class. Register anytime in pregnancy.

\$15 per 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 and fatherhood will be discussed as well as coping strategies for your new role. This is a class 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? Join us to learn about these topics and to explore your grandparenting role.

\$40

Helping Your Child Adjust to a New Baby

This is a class 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

Loving Hands: Calming Your Baby With Touch

(For Expectant Parents)

Learn different massage skills to comfort and relax your baby from the day he or she is 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.

\$40

New Baby, Old Pet: Introducing Baby to Rover

Presented by the [Calgary Humane Society](#)

Learn about animal behaviours and how to help your pet get used to the new baby. Some Humane Society resources will be available for sale. Please leave your pet at home.

\$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 new parents.

\$40

Twins, Triplets and More: Adjusting to Parenthood

Join a panel 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. (Free with the purchase of any Labour preparation class.)

\$25

Baby & You for Moms

A 4-week 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. Topics include infant crying, sleep, toys and games, feeding baby, family transitions, caring for baby's teeth, safety and common illnesses. Bring your baby to class!

\$25

Daddies & Babies

A 2-week series for new fathers and babies between 8 weeks and 9 months.

Just for dads! 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. Bring your baby to class!

\$15

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

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 This is a FREE class!

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? Learn ways of coping and strategies for changing your baby's sleep habits.

\$40

Mealtime Struggles to Mealtime Success

Do you have questions about your child's eating? 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.** This is a FREE class!

Toddlers to Two

Parents of toddlers up to the age of two, unite! Attend this series to learn about your toddler, yourself and how to keep a positive home climate while you reach your parenting goals. Get to know how toddlers think and feel, problem solve challenging situations and learn about the differences in temperament. For parents and caregivers only.

\$90

Nutrition for New Moms

If you've had a baby recently, this 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 health and sustainable way, and what to eat (and what to not eat) when breastfeeding. (babies are welcome!) This is a FREE class!

Picky Eaters

Ever had meal time struggles? Join a registered dietitian and learn about ways to cope with picky eating, refusal of foods, getting your child to eat vegetables, and more! This class is for parents of toddlers and preschool children. Please do not bring your children to class. This is a FREE class!