This fun, confidence-boosting class is full of critical concepts and hands-on practice you’ll put into practice as you welcome your new baby home! The Newborn Care class teaches parenting skills necessary to comfortably care for your new baby. There is a mix of hands on practice with baby doll models, video, and class discussion. Class will cover; things to do before baby comes, birth, and immediate postpartum time – as it relates to the baby, what to expect in your baby’s first few days, bringing baby home: the basics of baby care, the challenges of early parenting, options for feeding, and taking care of yourselves.

- Understanding normal infant behavior, communication, appearance and sleep patterns
- Understanding common newborn procedures in the hospital
- Benefits and demonstration of babywearing
- Understanding the basics of diapering, cord care, bathing, taking temperatures and assessment of your baby
- Choosing a pediatrician
- Understanding postpartum adjustment for the whole family
- Newborn warning signs
- Circumcision
- How to cope with a crying baby

How will your baby adjust to life outside the womb? How will you adjust to life with your baby? Join us to learn more! The importance of the partner's role is stressed, with practical suggestions and helpful techniques on parenting as a team. The class will meet twice, class length is 2 hours. Most expectant parents attend this class prior to 35 weeks of pregnancy.

Fee $65.00