

2012

# Childbirth Education, Lactation Class, Baby Basics, and Car Seat Fittings

**Childbirth:** These classes prepare you for the birth of your child by teaching you about the process of labor and birth, and what to expect during your hospital stay.

**Lactation:** This class discusses how to get started with breastfeeding, how to avoid problems, plus benefits and concerns

**Baby Basics 1:** New Parent Support Team (services, shaken baby syndrome, P.U.R.P.L.E. crying, Post Partum Depression, and Self Care) and correct use of Car Seats

**Baby Basics 2:** Quiz the Pediatrician (baby checks, immunizations, growth development milestones, and care of a sick baby) and overview of infant CPR and choking.

**Car Seat Fittings:** Let us help you fit your child's car seat correctly before your baby is due. Please attend one of our events, or make an appointment by calling (360) 475-4541

Jan:	4, 11, 18, 25	Sat 21
Feb:	8, 15, 22, 29	Sat 25
Mar:	7, 14, 21, 28	Sat 24
Apr:	4, 11, 18, 25	Sat 21
May:	2, 9, 16, 23	Sat 19
Jun:	6, 13, 20, 27	Sat 23
Jul:	11, 18, 25, Aug 1	Sat 28
Aug:	8, 15, 22, 29	Sat 25
Sep:	5, 12, 19, 26	Sat 22
Oct:	3, 10, 17, 24	Sat 20
Nov:	7, 14, 28, Dec 5	Sat 17

**Childbirth:** First three dates  
6:30pm-9pm  
Or Sat 7:30am to 4pm

**Lactation:** Fourth date  
6:30pm-8pm  
(not on Sat, schedule separately)

**Baby Basics:** 3rd and 4th date  
Jan, Mar, May, Jul, Sep  
(Nov 2nd and 3rd date)  
4:30pm-6:30pm

**Car Seat Events:** 4th Thursday of  
"Odd" months 2:30pm-5pm on  
B level of Parking Garage

All classes are held in the Wellness Center Classroom on the First Floor near the Pharmacy

To make an appointment for the classes, please call TRAC at (800) 404-4506

