



mothercraft™
ottawa

Baby's Here! Now What?

This class was designed to compliment our prenatal class and is best suited for people in the 3rd trimester. Evidence based research and best practices guide the topics that should come in the instruction manual with a new baby, but don't! This hands on class will also provide an introduction to the many benefits of infant massage. Handouts and contact with your instructor via telephone/email to answer any additional questions, included.

CLASS OUTLINE

- Postpartum planning
- The first 24 hours
- Normal newborn behaviours & characteristics
- Newborn care
- Newborn safety
- Infant cues
- Attachment parenting
- Self-care and mindful parenting tips
- Infant massage basics
- Changing relationships
- Resources

FEE
\$140/couple

Class offered in English only!

Mothercraft is a scent free and nut/peanut free facility.

2020 CLASS SCHEDULE

Click [here](#) to register.

Registration and full payment required before classes begin.

Sunday February 2nd
Sunday March 1st
Sunday April 5th
Sunday May 3rd
Sunday May 31st
Sunday July 5th
Sunday August 9th
Sunday August 30th
Sunday October 4th
Sunday November 1st
Sunday November 29th

TIME AND LOCATION

9:00 am to 4:00 pm
Mothercraft Ottawa
475 Evered Ave.

For more information
www.mothercraft.com
classes@mothercraft.com
613-728-1839