



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!

### 2020 CLASS SCHEDULE

To register, click on your preferred date.

Sunday February 2nd

Sunday March 1st

Sunday April 5th

Sunday April 26th

Sunday May 31st

Registration and full payment required before classes begin.

### TIME AND LOCATION

9:00 am to 4:00 pm

Mothercraft Ottawa

475 Evered Ave.

For more information:

[classes@mothercraft.com](mailto:classes@mothercraft.com)

613-728-1839

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