



mothercraft™
ottawa

Baby's Here! Now What? Virtual Workshop

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! 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
- Changing relationships
- Resources

Class offered in English only!

2021 CLASS SCHEDULE

Click [here](#) to register.

Sunday January 10
Sunday February 21
Saturday March 20
Saturday April 10
Saturday May 16

9:00 AM

FEE
\$125/couple

For more information
www.mothercraft.com
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