



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

For more information  
[www.mothercraft.com](http://www.mothercraft.com)  
[classes@mothercraft.com](mailto:classes@mothercraft.com)  
613-728-1839

### 2022 CLASS SCHEDULE

Click [here](#) to register.

FEE : \$125/couple

Class offered in English only!

Start Time: 9:00 AM

Sunday January 9

Sunday February 13

Sunday March 13

Sunday April 3

Sunday May 8

Sunday June 12

\*Format for July-December classes TBD\*

Sunday July 10

Sunday August 14

Sunday September 11

Sunday October 16

Sunday November 13

Sunday December 11