



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

2023 CLASS SCHEDULE

Click [here](#) to register.

Sunday January 8
Sunday February 12
Sunday March 12
Sunday April 16
Sunday May 21
Sunday June 11
Sunday July 9
Sunday August 27
Sunday September 10
Sunday October 15
Sunday November 12
Sunday December 3

9:00 AM

FEE
\$125/couple

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