



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! Contact with your instructor via 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

2024 CLASS SCHEDULE

Click [here](#) to register.

Sunday January 14
Sunday February 11
Sunday March 10
Sunday April 14
Sunday May 12
Sunday June 9
Sunday July 14
Sunday August 11
Sunday September 8
Sunday October 13
Sunday November 10
Sunday December 1

9:00 AM

FEE
\$125/couple

For more information
www.mothercraft.com
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