



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

### 2025 CLASS SCHEDULE

Click [here](#) to register.

Sunday January 12  
Sunday February 9  
Sunday March 9  
Sunday April 13  
Sunday May 11  
Sunday June 8  
Sunday July 13  
Sunday August 10  
Sunday September 14  
Sunday October 12  
Sunday November 9  
Sunday December 7

9:00 AM

FEE  
\$125/couple

For more information  
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