

Childbirth and Parenting Classes at Swedish

When to Take Classes

Though you can take classes in any order that works for you and your schedule, we recommend registering early and using this timeline:

ANYTIME:

- Watch Birth Center Tour Video
- Grandparents Class

1ST TRIMESTER:

- Learn about Childbirth Classes

2ND TRIMESTER:

- Purchase Prepare for Parenthood Package
- Preparing for Multiples (start class at 20+ weeks)

2ND OR 3RD TRIMESTER:

- Infant Safety and CPR
- Car Seat Safety
- Your Body, Your Pelvic Floor

3RD TRIMESTER:

- Childbirth Preparation (available in Spanish): Express, 1-Day, 2-Day, or 3-Day classes
- Coping with Confidence (schedule at least 1 week after your Childbirth Preparation class)
- Movements for an Easier Labor (taught in Chinese/Mandarin; start class after 34 weeks)
- Planned Cesarean Birth
- Breastfeeding
- Newborn Care or Newborn Preparation (combines Newborn Care and Breastfeeding)
- Conscious Fathering
- Perinatal Massage for Pregnancy and Childbirth
- Acupressure for Birth Preparation, Labor and Postpartum

POSTPARTUM:

- Parenting Groups
 - Newborn and Me: Birth to 3 Months

BIRTH AND FAMILY EDUCATION CLASS TIMELINE	
Watch Birth Center Tour	Anytime
Grandparents Class	
Learn about Childbirth Classes	1st Trimester
Purchase Prepare for Parenthood Package	2nd Trimester
Preparing for Multiples	
Infant Safety and CPR	2nd or 3rd Trimester
Car Seat Safety	
Your Body, Your Pelvic Floor	
Childbirth Preparation (available in Spanish): Express, 1-Day, 2-Day, or 3-Day classes	3rd Trimester
Coping with Confidence	
Movements for an Easier Labor (taught in Chinese/Mandarin)	
Planned Cesarean Birth	
Breastfeeding	
Newborn Care	
Newborn Preparation (combines Newborn Care and Breastfeeding)	
Conscious Fathering	
Perinatal Massage for Pregnancy and Childbirth	
Acupressure for Birth Preparation, Labor and Postpartum	
Newborn and Me: Birth to 3 Months	Postpartum

Register for classes online at www.swedish.org/classes-and-resources or by calling 206-386-2502.

We do not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender identity or expression, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711)
 注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)