

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: Express, 1-Day, 2-Day, or 3-Day classes
- Coping with Confidence (schedule at least 1 week after your Childbirth Preparation class)
- Planned Cesarean Birth
- Breastfeeding
- Newborn Care
- Conscious Fathering
- Perinatal Massage for Pregnancy and Childbirth
- Acupressure for Birth Preparation, Labor and Postpartum

POSTPARTUM:

- Newborn and Me Group
- Infant Massage

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: Express, 1-Day, 2-Day, or 3-Day classes	3rd Trimester
Coping with Confidence	
Planned Cesarean Birth	
Breastfeeding	
Newborn Care	
Conscious Fathering	
Perinatal Massage for Pregnancy and Childbirth	
Acupressure for Birth Preparation, Labor and Postpartum	
Newborn and Me Group	Postpartum
Infant Massage	Postpartum



To learn more or to register for classes:

Scan the QR Code, visit swedish.org/classes-and-resources, or call 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)