Childbirth and Parenting Classes at Swedish

When Should I Take Classes?

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

**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, 2-session or 3-session classes
- Coping with Confidence (schedule at least 1 week after your Childbirth Preparation class)
- Chinese class: Movements for an Easier Labor
- Breastfeeding: Newborn Care; or Newborn Preparation (combines Newborn Care and Breastfeeding)
- Spanish postpartum class: Newborn Management and Breastfeeding
- Conscious Fathering
- Acupressure for Birth Preparation, Labor and Postpartum

**POSTPARTUM:**
- Parenting Groups
  - Newborn and Me: Birth to 3 Months
  - Baby and Me: 3-6 Months

**ANYTIME:**
- Watch Birth Center Tour Video
- Grandparents Class

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 (TTY711)