

# 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 Welcome Baby Package or Prepare for Parenthood Package
- Preparing for Multiples (start class at 20+ weeks)

### 2ND OR 3RD TRIMESTER:

- Childbirth Preparation Series
- Infant Safety and CPR
- Car Seat Safety
- Baby Your Body; or Your Body Your Pelvic Floor

### 3RD TRIMESTER:

- Childbirth Preparation 1-Day or 2-Session Classes
- Coping with Confidence (schedule at least 1 week after your Childbirth Preparation class)
- Breastfeeding; Newborn Care; or Newborn Preparation (combines Newborn Care and Breastfeeding)
- Clase de postparto, manejo del recién nacido y la lactancia
- 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
- Bringing Baby Home (Can be taken during pregnancy or up to 6 months after baby is born)

BIRTH AND FAMILY EDUCATION CLASS TIMELINE	
Learn about childbirth classes	1st Trimester
Purchase Welcome Baby Package or Prepare for Parenthood Package	2nd Trimester
Preparing for Multiples	
Childbirth Preparation Series	2nd or 3rd Trimester
Infant Safety and CPR	
Car Seat Safety	
Baby Your Body; or Your Body Your Pelvic Floor	3rd Trimester
Childbirth Preparation 1-Day or 2-Session	
Coping with Confidence	
Breastfeeding	
Newborn Care	
Newborn Preparation (combines Newborn Care and Breastfeeding)	
Clase de postparto, manejo del recién nacido y la lactancia	
Conscious Fathering	Postpartum
Acupressure for Birth Preparation, Labor and Postpartum	
Newborn and Me: Birth to 3 Months	Postpartum
Baby and Me: 3-6 Months	
Watch Birth Center Tour	Anytime
Grandparents Class	
Bringing Baby Home (Can be taken during pregnancy or up to 6 months after baby is born)	

Register for classes online at [www.swedish.org/classes-and-resources](http://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)