



Preparing for Baby

Baby Basics

*Tour included in most classes

This class focuses on the first six weeks of life. Topics included are:

- Newborn appearances
- Newborn Care, including dressing and bathing
- Newborn behaviors
- Safety

Breastfeeding Basics

Get the best start to your breastfeeding experience. Discuss the following:

- Establishing milk supply
- Correct latch
- Partner support
- Returning to work
- Breastfeeding support groups

Night with a Pediatrician

*Tour included

Join a general pediatrician to find out what to expect for your new baby during your stay at the hospital. Parents are welcome to bring questions during this relaxed learning opportunity.

Infant and Child CPR

Be prepared in the event of an emergency with a child or infant. Learn life saving techniques with hands on practice, based on current recommendations from the American Heart Association.

To register and view additional birthing services visit
www.hillcresthospital.org/childbirthed or call 440.312.4647