



## Preparing for Baby

### Baby Basics

\*Tour included in most classes

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

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

### 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.

### 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

### 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](http://www.hillcresthospital.org/childbirthed) or call 440.312.4647**