

2012

Childbirth Education, Lactation Class, Baby Basics, and Car Seat Fittings

Childbirth: These classes prepare you for the birth of your child by teaching you about the process of labor and birth, and what to expect during your hospital stay.

Lactation: This class discusses how to get started with breastfeeding, how to avoid problems, plus benefits and concerns

Baby Basics 1: New Parent Support Team (services, shaken baby syndrome, P.U.R.P.L.E. crying, Post Partum Depression, and Self Care) and correct use of Car Seats

Baby Basics 2: Quiz the Pediatrician (baby checks, immunizations, growth development milestones, and care of a sick baby) and overview of infant CPR and choking.

Car Seat Fittings: Let us help you fit your child's car seat correctly before your baby is due. Please attend one of our events, or make an appointment by calling (360) 475-4541

Jan:	4, 11, 18, 25	Sat 21
Feb:	8, 15, 22, 29	Sat 25
Mar:	7, 14, 21, 28	Sat 24
Apr:	4, 11, 18, 25	Sat 24
May:	2, 9, 16, 23	Sat 19
Jun:	6, 13, 20, 27	Sat 23
Jul:	11, 18, 25, Aug 1	Sat 28
Aug:	8, 15, 22, 29	Sat 25
Sep:	5, 12, 19, 26	Sat 22
Oct:	3, 10, 17, 24	Sat 20
Nov:	7, 14, 28, Dec 5	Sat 17

Childbirth: First three dates
6:30pm-9pm
Or Sat 7:30am to 4pm

Lactation: Fourth date
6:30pm-8pm
(not on Sat, schedule separately)

Baby Basics: 3rd and 4th date
Jan, Mar, May, Jul, Sep
(Nov 2nd and 3rd date)
4:30pm-6:30pm

Car Seat Events: 4th Thursday of
"Odd" months 2:30pm-5pm on
B level of Parking Garage

To make an appointment for the classes, please call TRAC at (800) 404-4506

