



## Childbirth Education Classes

*At UW Medicine*

*Congratulations on your pregnancy! UW Medicine offers many different childbirth and parenting classes for expectant families in partnership with Parent Trust for Washington Children's Great Starts program.*

### Class Locations

- **UWMC - Roosevelt II**  
4245 Roosevelt Way NE  
Seattle, WA 98105
- **UW Neighborhood Northgate Clinic Admin Office**  
331 NE Thornton Place  
Seattle, WA 98125
- **Parent Trust Rainier (PTR)**  
Center for Strong Families  
2200 Rainier Ave. S  
Seattle, WA 98144
- **Parent Trust Mountlake Terrace (PTMT)**  
Hall Creek Office Park  
Suite 103  
6912 220th St. SW  
Mountlake Terrace, WA 98043



*Parent Trust for Washington Children provides birth and family classes through its Great Starts program.*

*This program has offered unbiased education about pregnancy, birth, and parenting for over 65 years.*

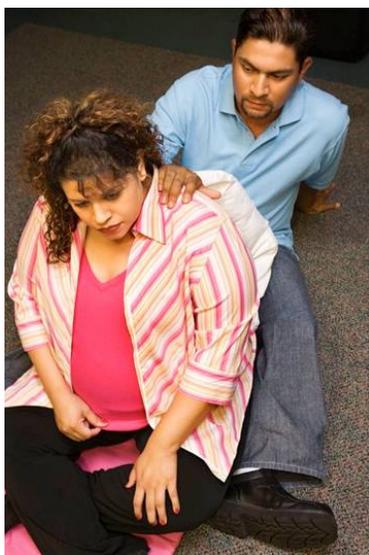
*Parent Trust is a non-profit organization dedicated to parents and their children, serving more than 15,000 Washington state families each year. To learn more, call 206.789.0883 or visit [www.parenttrust.org](http://www.parenttrust.org).*

### Class Schedule and Registration

To check class dates and to register:

- Visit [www.uwmedicine.org](http://www.uwmedicine.org). In the search field at the top of the page, enter "Childbirth Education."
- You can also call 206.789.0883 or email [greatstarts@parenttrust.org](mailto:greatstarts@parenttrust.org).

To learn more about Great Starts and how to apply for financial aid to cover class fees, visit [www.parenttrust.org/classregistration](http://www.parenttrust.org/classregistration).



The “Childbirth Preparation Series” includes ways your support person can help during labor and birth.

## **Classes**

### **Childbirth Preparation Series**

Learn about breathing and relaxation methods; labor, birth, and recovery; birthing options; the support person’s role; hospital and medical procedures; pain medicines; Cesarean birth; and what to expect after your baby is born. The class also covers newborn care, including breastfeeding basics and how to make it work well for you and your family. There will be a class reunion after all the babies are born. It is best to choose a series that ends at least 1 month before your due date.

**Details:** 6-Week Evening Series or 3-Day Weekend Series

**Locations: Roosevelt:**

Tuesday, Thursday, 6:30 to 9 p.m.  
Saturdays, 9 a.m. to 2 p.m. (includes 30-minute lunch breaks)

**Northgate:**

Monday, Wednesday, 6:30 to 9 p.m.  
Saturdays, 9 a.m. to 2 p.m. (includes 30-minute lunch breaks)

**PTR:**

Monday, Thursday, 6:30 to 9 p.m.  
Saturdays 9 a.m. to 2 p.m. (includes 30-minute lunch breaks)  
Some Sundays, 12 to 5 p.m.

**PTMT:**

Tuesday, Wednesday, 6:30 to 9 p.m.  
Saturdays, 9 a.m. to 2 p.m. (includes 30-minute lunch breaks)

**Cost:** \$225 per family (**ProviderOne cards accepted**)

### **Labor and Birth Mini-Series**

Learn about the stages of labor, what to expect, usual hospital routines, and what happens after your baby is born. Also learn ways to cope with labor pain using breathing methods, relaxation, massage, positions, movement, and pain medicine. It is best to take a series that ends at least 1 month before your due date.

**Details:** 2-Day or 1-Day Weekend Series

**Locations: Roosevelt and PTMT:**

Saturdays, 9 a.m. to 1 p.m.

**PTR:**

Saturdays, 9 a.m. to 1 p.m. over 2 days or 8 a.m. to 5:30 p.m. on 1 day (includes 30-minute lunch break)  
Some Sundays, 1 to 5 p.m.

**Cost:** \$150 per family (**ProviderOne cards accepted**)



*“Expecting Multiples” is an in-depth series for families who are expecting twins or triplets.*

## **Expecting Multiples**

This is an in-depth series for families who are expecting twins or triplets. Learn about pregnancy, preventing preterm birth (see “Preventing Preterm Birth” class on page 4), labor and birth, breastfeeding, newborn care, and parenting. This series may be taken at any time, but it is best to take it by 24 to 32 weeks gestation, or earlier.

**Details:** 2-Day Weekend Intensive: 12 to 6:30 p.m.

**Location:** Northgate

**Cost:** \$210 per family (**ProviderOne cards accepted**)

## **Better Birth Refresher**

This class is for parents who have taken childbirth classes before but want to take a refresher course. We encourage parents to share the story of their other birth(s), what they hope will happen again, and what they would like to change this time. Learn about vaginal birth after Cesarean (VBAC) and pain medicine options, and practice coping methods. It is best to choose a class that is 2 to 8 weeks before your due date.

**Details:** 3-Hour Weekend Class: Saturdays or Sundays, times vary

**Location:** PTR

**Cost:** \$57 per family

## **Working with Labor Pain**

This class is for anyone who wants to learn more about coping with labor pain. It is helpful for women planning a birth without pain medicine, and also for women who plan to have an epidural early in labor, but still want to learn skills for coping with labor pain, “just in case.”

This is a great class for first-time parents who are also taking the “Childbirth Preparation series,” or the “Labor and Birth Mini-Series.” Experienced parents may want to take this class by itself, or with our “Better Birth Refresher” class.

**Details:** 2½-Hour Weekend Class: Saturdays, 9 a.m. to 12 p.m.

**Location:** Roosevelt

**Cost:** \$50 per family

## Preventing Preterm Birth

This class is for all families who are expecting a baby. Learn how to help prevent premature birth and what warning signs to watch for. We will also talk about the special needs of preterm infants. This class is very important to take if you are at high risk for preterm labor, have a history of preterm delivery, or are expecting multiples and do not plan to take the “Expecting Multiples” series. (This topic is included in “Expecting Multiples.”) It is best to take this class before 24 weeks of pregnancy.

**Details:** 2-Hour Weekend Class: Saturdays, 2 to 4 p.m.

**Location:** Northgate

**Cost:** \$45 per family

## Breastfeeding Basics

Learn how to breastfeed, how often to feed, and how to know if your baby is getting enough milk. We will also talk about breastfeeding challenges, pumping breastmilk, and how partners can help. It is best to choose a class that is 2 to 6 weeks before your due date.

**Details:** This 2½-hour class is also part of the “Childbirth Preparation Series” (see page 2). It can be taken by itself for those who do not want to take the full series.

**Location:** See “Childbirth Preparation Series” on page 2.

**Cost:** \$45 per family



*The “Newborn Care” class gives helpful information about caring your new baby.*

## Newborn Care

This class focuses on caring for a baby during the first few months of life. It is a very helpful class for first-time parents. We will talk about newborn traits, daily care, infant cues, sleep, health and illness, diapering, cord care, feeding habits, colic relief, changes that occur in newborn babies, and more.

**Details:** This 2½-hour class is also part of the “Childbirth Preparation Series” (see page 2). It can be taken by itself for those who do not want to take the full series.

**Location:** See “Childbirth Preparation Series” on page 2.

**Cost:** \$45 per family

## Life with Baby

This class offers tools to help new parents adjust to having a baby in the family. It focuses on setting up routines, getting sleep, returning to work, keeping the couple’s relationship strong, finding a support network, and other helpful topics. The class builds on information provided in “Newborn Care” and “Breastfeeding” classes.



*The “Conscious Fathering” class provides information to help fathers feel more involved and confident.*

**Details:** 2-Hour Class; times vary. The class may be offered as part of a birth series or by itself.

**Location:** Northgate and PTR

**Cost:** \$40 per family

## Newborn Care for Adoptive Families

This class teaches basic care for an adopted baby up to about 1 year old. Learn about feeding, bathing, diapering, dressing, choosing a pediatrician, and building a sense of family. The class also covers special issues such as caring for babies who come to the family through international adoption.

**Details:** 3-Hour Weekend Class: Saturdays, 9 a.m. to 12 p.m.

**Location:** Roosevelt

**Cost:** \$57 per family

## Conscious Fathering

For expectant or new fathers (and father-figures), this class helps you feel more involved and confident in birth and child-rearing. Learn how to cope when “everything goes wrong.”

**Details:** 3-Hour Evening Class: Thursdays, 6 to 9 p.m.

**Location:** Roosevelt

**Cost:** \$40 per person

## Babysafe with Infant CPR

This class covers infant development and injury prevention and treatment. You will learn and practice choking rescue and CPR for infants.

**Details:** One 4-Hour Weekend Class: Saturdays, 9 a.m. to 1 p.m.

Two 2-Hour Weekday Evening Class: Thursdays, 7 to 9 p.m.

**Locations:** Roosevelt and PTMT

**Cost:** \$65 for 2 adults

## Sibling Preparation

Help your child learn about birth, babies, how your family will change when the baby comes home, and life as a big sibling. This class is best for children ages 2½ to 6 years old. Younger children may attend if they can speak in full sentences. Children older than 6 may attend if they are OK being with younger classmates.

**Details:** 1-Hour Evening Class: Mondays, 6 to 7 p.m.

**Location:** PTR

**Cost:** \$25

### Questions?

Your questions are important. Call your healthcare provider if you have questions or concerns about your health.

To view class schedule and to register:

- Visit [www.uwmedicine.org](http://www.uwmedicine.org) and search for “Childbirth Education” on the home page.
- You may also call 206.789.0883 or email [greatstarts@parenttrust.org](mailto:greatstarts@parenttrust.org).