Becoming a family: Gottman’s “Bringing Baby Home”
This class is taught by a certified Gottman educator. The “Bring Baby Home” workshop’s goals include:

- Learn what to expect during the transition to parenthood
- Learn how to strengthen friendship, intimacy and conflict regulation skills
- Learn about child development and how to co-parent with your partner

Grandparents seminar
A seminar designed just for expectant and new grandparents! Learn about “Back to Sleep,” swaddling, giving a relief bottle, car seats and more. In addition, this class will examine your unique role as grandparents and offer tips on how to support your own children as they step into parenthood.

Mother–baby mornings
Join us every Tuesday morning at 10:30 a.m. to share, discuss and connect with other moms and caregivers who have babies from birth to 6 months old.

Movers & shakers
Join us every Monday morning at 10:30 a.m. to share, discuss and connect with other moms and caregivers who have babies from 6 to 11 months old.

Prenatal yoga
This graceful program emphasizes using stretching, toning, posture and body mechanics to create energy and harmony in both the body and mind.

Infant massage
Our certified infant massage instructor will give parents tips on how to use massage to relieve their baby’s temporary discomfort from gas and soreness at vaccination sites. Ideal for parents of young babies from 1 month of age to before crawling.

For more information about our programs and online registration:
classes.stanfordchildrens.org
(650) 724-4601
LPCHCommunityClass@stanfordchildrens.org
The Perinatal Education Program at Lucile Packard Children’s Hospital Stanford is designed to help every member of your family prepare from before the birth of the baby to after. We offer a broad spectrum of classes taught by our skilled and certified instructors, such as:

**Preparing for multiples**
Designed for couples who are expecting more than one baby. This class tells you everything you want and need to know about pregnancy and delivery of multiples, including bed rest and cesarean births, premature birth and life in the NICU, breastfeeding and supplementing, additional resources, and managing a home with two or more new infants.

**Newborn care 101**
Often touted as our “most fun” class, this interactive program covers the specifics of newborn care, including bathing, temperature-taking, newborn reflexes and behavior, common newborn appearances, diapering, swaddling, soothing, feeding techniques and more.

**CPR**
We offer CPR instruction in three different formats:
- Infant only
- Infant and child
- Child CPR and first aid

**Infant safety**
Our infant safety class prepares new parents, grandparents and other childcare providers for various aspects of newborn safety, including:
- Car seats
- Cribs and sleeping arrangements
- Poison prevention
- Environmental safety in the home

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