



# Getting Ready for Baby

PRENATAL EDUCATION CLASSES

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## The Birth of Your Baby

This Lakeside class is recommended for the fifth through eighth months of pregnancy.  
Physical Aspects of Labor • Breathing / Relaxation  
Cesarean Birth • Postpartum

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## Breastfeeding

Skills for Breastfeeding • What to Expect  
Working and Breastfeeding • Info on Breast Pumps and Supplies

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## Caring For Your Baby

These topics involve baby and mother care after your delivery.  
This series is designed for the second trimester of your pregnancy.  
Infant Care • Parenting • Safety

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## Infant CPR

A class designed to teach emergency life support, proper techniques for choking, and warnings about safety for newborns and toddlers.

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## Infant Massage — Pre- and Postnatal

This class is designed to teach infant massage prior to your delivery using a simulated baby (help your baby to sleep better, be more relaxed and intellectually stimulated), as well as to teach you how to perform massage on your baby during those first important bonding months and years.

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## Baby Prep Boot Camp

This is a two day class (Saturday & Sunday). Saturday begins with a condensed version of “The Birth of Your Baby” and finishes with “Breastfeeding.” Sunday begins with “Infant CPR” followed by “Caring for Your Baby.” Breaks are given throughout the day.

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For class schedule and enrollment information, please visit our website at [www.lakeside-wh.com](http://www.lakeside-wh.com) or call 936-1594.

