



A Healthy Start for New Families

## Awaiting Arrival Prenatal Classes

The **Awaiting Arrival** course is six weeks of classes taught by experienced nurses who are committed to help you get ready for your new arrival. Birth and Beyond is a program designed specifically to answer some of your questions and connect you with other local families. It could be just what you need to get ready for your new baby!

**Give your family a healthy start - join one of our classes!**

**The Balls** Learn techniques on and off the birthing balls for comfort before and after delivery.

**Just Breathe** Understand the physical process and stages of labor and delivery. Learn techniques for pain management and relaxation.

**The Tour** Meet at Sutter Coast Hospital to tour the Family Birth Center. Discuss possible complications during delivery.

**Booby Basics** Learn the basics of breastfeeding and bottle feeding, to include positions for mom and baby, timing, pumping and supply.

**What about Me?** Discuss taking care of yourself and your relationships after becoming a parent.

**Bringing Home Baby** Learn what to expect when you bring your baby home for the first time: feeding and sleeping patterns, when to call the doctor, home safety and more!

Course Number	Course Dates (2013)	Baby's Due Date
1	January 9 <sup>th</sup> - February 13 <sup>th</sup>	February 21 <sup>st</sup> - April 3 <sup>rd</sup>
2	February 20 <sup>th</sup> - March 27 <sup>th</sup>	April 4 <sup>th</sup> - May 15 <sup>th</sup>
3	April 3 <sup>rd</sup> - May 8 <sup>th</sup>	May 16 <sup>th</sup> - June 26 <sup>th</sup>
4	May 15 <sup>th</sup> - June 19 <sup>th</sup>	June 27 <sup>th</sup> - August 7 <sup>th</sup>
5	June 26 <sup>th</sup> - July 31 <sup>st</sup>	August 8 <sup>th</sup> - September 18 <sup>th</sup>
6	August 7 - September 11 <sup>th</sup>	September 19 <sup>th</sup> - October 30 <sup>th</sup>
7	September 18 <sup>th</sup> - October 23 <sup>rd</sup>	October 31 <sup>st</sup> - December 18 <sup>th</sup>
8	October 30 <sup>th</sup> - December 11 <sup>th</sup>	December 19 <sup>th</sup> - February 19 <sup>th</sup>

Once you've completed **Awaiting Arrival** and had your baby, you'll be invited to our **Welcome Baby Party** - an event that kicks off **Incredible Infants**: the second half of the Birth and Beyond program!

Awaiting Arrival classes are held:  
Wednesdays, 7:00 - 9:00 p.m.  
Del Norte Family Resource Center  
494 Pacific Ave., Crescent City  
707.464.5500

\* It is best to register for a course that starts when you are between 28-34 weeks pregnant.

Connect with us at [facebook.com/BirthandBeyondDelNorte](https://www.facebook.com/BirthandBeyondDelNorte)

