

Cribs come with instructions. Babies don't.
We can help.



BREASTFEEDING SUPPORT

BREASTFEEDING FRIENDS – Free

Offered once a week, in-person & virtual options

Breastfeeding can be both satisfying and challenging, and all new mothers need support to achieve their breastfeeding goals. This breastfeeding mothers' group, led by an international board certified lactation consultant, provides new mothers with the guidance they need. Discussion topics include:

- Overcoming common breastfeeding challenges
- Nighttime breastfeeding
- Nutrition and the breastfeeding mother
- Breastfeeding away from home
- Combining pumping, bottles and breastfeeding

PRIVATE BREASTFEEDING CONSULTATION - \$95

Offered weekdays, in-person or through telehealth

To schedule, call 832-826-8881

In this private breastfeeding consultation, an international board certified lactation consultant will provide individualized care for you and your baby. She can help you with positioning your baby, solving latch issues, resolving breastfeeding pain, addressing concerns about your milk supply and much more.

CLASSES FOR NEW PARENTS & GRANDPARENTS

BRINGING BABY HOME COUPLE'S RETREAT – \$150 per family

Offered in person, Saturdays & Sundays from 9:30 a.m. – 4:30 p.m.

Developed by the world-renowned Gottman Institute, this class helps a couple become the best parenting team possible by focusing on strengthening their friendship, communication, and problem-solving skills, while learning practical ways to help their baby develop.

- Working together through the transition to parenthood
- Maintaining your friendship & rekindling romance
- Understanding your baby's emotional & developmental needs

NEW MOTHER, NEW BABY – \$180 for mother and baby

Offered in person and virtually, weekday mornings

Becoming a mother involves tremendous change. This class helps shorten a new mother's learning curve with tried and true tips and ideas about how to survive and thrive. Mothers and babies attend this six-session series together.

- Breastfeeding guidance from a lactation consultant
- Adjusting to life with a new baby
- Your baby's health, growth and development

GRANDPARENT'S CLASS – \$50 for one or two grandparents

Offered weeknights & weekends, in-person & virtual options

Becoming a grandparent brings new pleasures and responsibilities. An experienced grandmother guides new grandparents through the transition from parent to grandparent in this fun, interactive class.

- Keeping grandchildren safe
- Then and now – what has changed?
- Dos and don'ts for new grandparents

INFANT CPR & SAFETY – \$75 for one or two attendees

Offered weeknights & weekends, in-person & virtual options

All new parents want to keep their babies safe, and be prepared to respond to an emergency. This class combines the skill and experience of a certified, registered nurse instructor with the research-based American Heart Association's Infant CPR Anytime kit. Families receive their own personal mannequin and an instructional DVD to use to maintain their skills.

- Infant CPR (for children up to 1 year of age)
- Relief of choking
- General safety for infants and toddlers

NEW PARENT & GRANDPARENT COACHING & CONSULTING – \$75 for a 60-90 minute private session

Offered weekdays or weekends, in-person & virtual options

Parents and grandparents may benefit from a private, customized consultation with a professional parent educator who is also a certified lactation counselor.

- General baby care information
- Infant sleep information
- Baby wearing

Or, your family may prefer a private coaching session with a certified professional coach. During a coaching session, instead of receiving training or advice, you and your coach discuss your situation and work together to design a personal action plan. People seek coaching to work through important topics, like:

- Changing relationships
- Managing new routines in day-to-day life
- Career decisions
- Many other important topics



SLEEP & SCHEDULING – \$65 per family

Offered weekends, virtual class

Parents have many questions about getting their new babies on a schedule and maximizing sleep for the whole family. This class explores what parents can expect, and the actions they can take to help everyone get more sleep.

- Normal infant sleep patterns
- An overview of popular approaches for scheduling and sleep training and their benefits and drawbacks
- Practical tools for managing sleep for infants and parents

REGISTRATION

To review class schedules and register online, please visit our website [women.texaschildrens.org/classes](https://www.women.texaschildrens.org/classes) or scan the QR code to direct you to the sign-up page.



CONTACT US

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