

Childbirth Education Center's Baby Basics Class Outline

- I. Introductions & Agenda
- II. It's a Baby's Life!
 - Your newborn's traits and innate abilities
- II. Taking Care of Your Baby
 - Breastfeeding review
 - Bathing
 - Soothing
 - Sleeping
 - Diapering/Dressing
 - Playing
- III. Your Baby's Health
 - How to tell if your baby is ill
 - Rashes, colds, & fevers
 - Weight gain
- IV. Parental Adjustment
 - Mothers' and Fathers' emotional adjustment
 - The Couple's Needs

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