



## Why we offer this program at BTC

**Pregnancy and childbirth are powerful events** and the years that follow are full of joys and challenges. Let Bellingham Technical College's expert educators guide you through this momentous time with pregnancy and birthing courses co-sponsored by PeaceHealth St. Joseph Medical Center.

**Meet and connect with other expecting parents** and learn together how to prepare for labor, cope with childbirth, and care for a newborn. The advice, guidance, and connections can continue at BTC's parenting courses and workshops.

**Parents/caregivers and children can bond with other families** in our engaging, interactive classes with newborns, toddlers and multiple young children, or attend a variety of workshops aimed to help parents navigate the ups and downs of raising children of all ages.

### Next classes:

The learning continues after your baby is born with **BTC's Family Connections classes** for infants and young toddlers. These classes offer a safe, inviting, relaxed atmosphere where you can meet other parents/caregivers, build relationships and find answers to your parenting questions.

**Baby & Me (1-7 months)**

**Baby & Me (8-12 months)**

**Exploring with Toddlers**

**Exploring Together: Birth to 5**

**Raising Toddlers & Preschoolers**

**PeaceHealth provides half-scholarships for all BTC Childbirth classes (up to \$100/year).  
Inquire at the time of registration!**

## Bellingham Technical College Childbirth Preparation Class Locations

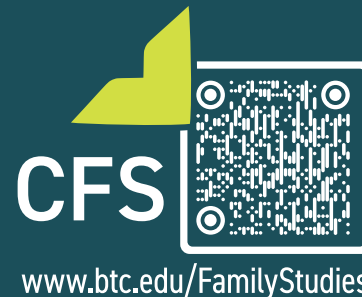
### BTC Campus

**Address: 3028 Lindbergh Avenue**  
Bellingham, WA 98225

### Health Education Center

**Address: 3333 Squalicum Parkway**  
Bellingham, WA 98225

For class descriptions, current schedules, and registration information, please visit our website:  
[www.btc.edu/FamilyStudies](http://www.btc.edu/FamilyStudies)



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## Bellingham Technical College Childbirth Preparation



**Supporting &  
Connecting &  
Families  
THROUGH EDUCATION**

Co-sponsored by:





## BTC CHILDBIRTH CLASSES

### Preparation for Childbirth & Parenting

*Note: Course fees waived for those covered by WA Apple Health (Medicaid) waivers.*

This traditional 8-week course covers the full spectrum of pregnancy, labor and birth, newborn care, postpartum and parenting, and is designed for those who want to focus on their pregnancy and parenting while building relationships with other pregnant families. Information about the last trimester of pregnancy, labor, and birth, including comfort and coping techniques, newborn care and feeding, and the challenges and rewards of parenting will be covered. A labor support person is welcome to attend with the pregnant person, at no additional cost.

### Pregnancy & Childbirth

*Note: Course fees waived for those covered by WA Apple Health (Medicaid) waivers.*

A condensed version of our traditional series, this 5-week course focuses on healthy pregnancy, process of labor, comfort techniques for labor and birth, newborn care, breastfeeding, and the postpartum period. This is a great option for families who are interested in understanding the entire birth process and postpartum period, but are unable to commit to the full 8-week series. A labor support person is welcome to attend with the pregnant person, at no additional cost.

### Prep for Childbirth: Weekend Condensed

*Note: Course fees waived for those covered by WA Apple Health (Medicaid) waivers.*

This weekend course is designed for anyone who prefers a condensed version of our series courses. This format will provide an overview of late pregnancy, stages of labor, breathing and relaxation techniques for labor and birth, and overview of medical interventions, as well as information on the postpartum period (including breastfeeding and newborn care). A labor support person is welcome to attend with the pregnant person, at no additional cost.

### Comfort Techniques for Labor & Birth

This 2.5 hour class is designed to provide individuals with more information, guidance, and practice coping with pain and discomfort during labor, including: birthing techniques, labor positions, comfort measures, and options for back labor. A labor support person is welcome to attend with the pregnant person, at no additional cost.

### Breastfeeding Basics & Beyond

Breastfeeding offers a baby an optimal start in life and provides lifelong health benefits. Accurate information and support are essential for breastfeeding. This course provides the basic information necessary to initiate and sustain breastfeeding for as long as desired. Topics covered will include: breastfeeding resources, role of the support person(s), preparation and getting started, responding to postpartum challenges including parent-baby separation and pumping, and answers to personal questions.

*"The class was fantastic! The instructor did a wonderful job and was very knowledgeable. I have so much more confidence in my ability to birth our baby."*

*Childbirth Class participant*

For class descriptions, current schedules, and registration information, please visit our website: [www.btc.edu/FamilyStudies](http://www.btc.edu/FamilyStudies)

### Gottman Institute® Bringing Baby Home



Our Bringing Baby Home workshop is a research-based and research-tested psychoeducational workshop that is dedicated to improving the quality of life for babies and children by strengthening their families.

Developed by renowned relationship and parenting experts, Drs. John and Julie Gottman, this workshop is perfect for those who are expecting a baby or already parenting an infant (up to age 3).

In this workshop, you and your partner will learn how to strengthen your friendship, increase intimacy and affection, work through conflict with greater ease, create positive baby interactions, and ensure quality involvement for both parents.

### Baby & Me (1-7 months)

The early months of parenting are filled with extremes: from sheer joy to incredible sleep deprivation. This class offers a safe, inviting, relaxed atmosphere where you can meet other parents/caregivers, build relationships and find answers to your parenting questions. Adults choose discussion topics such as sleep patterns, infant development, adjusting to parenting, games and songs, and starting solids. Babies play in the same room while you gain valuable support and current information on raising a young infant.

