


childbearing

The newsletter of the Lower Mainland Childbearing Society

Crying & Colic

 baby crying is one of the hardest sounds for us to listen to.


And when it's our own baby's cry, and we feel helpless to stop it, it's the hardest of all. That's why we've

devoted this issue to crying and colic.

In our main article Stephanie Ondrack provides insights into why babies cry and how you can cope with this stressful aspect of parenthood. She provides plenty of tips on when and how to settle a fussy baby and to whom to turn when there seems to be tears above and beyond the usual. She also talks about to whom not to turn in the Question of the Quarter, which deals with the controversial 'Babywise' philosophy.

We don't imagine we can solve all your and your babies' woes with this issue of the newsletter, but we hope you'll find in here some tip or reassurance that will give you and your babies a bit of ease in the long afternoons or longer nights when you feel stretched beyond

your limits. If nothing else, remember that the colicky period is a short one when measured against the length of a childhood; and if you've done nothing else but withstand it, you have endured one of the true tests of parenthood. Like all phases of a child's development, this too will pass.

Breathe deeply, hang in there, and know that we at Childbearing have all lived through this too, and extend to you our support and sympathy. 

the childbearing society presents

Pre-Birth Bonding

with Dr Mia Kalef

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motherhood*

Monday, 26th November 2007, 7-9pm
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To pre-register:
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Lower Mainland Childbearing is: Aleksandra Henderson, *President*; Jennifer Landels, *Treasurer, Newsletter Editor*; Stephanie Ondrack, *Registrar, Secretary, Marketing Director*; Mary Coll, *Teacher-at-large, Volunteer Coordinator*; Susan Woodhouse, *Packages*; Diane Donaldson, *Past President*

Instructors: Mary Coll, Aleksandra Henderson, Stephanie Ondrack, Susan Woodhouse.

Welcome Babies!

These are some of the new faces we met at postpartum classes this spring and summer, and their birthdates:

Ada	27 Mar 07
Aiden	Jun 07
Alec	13 Jul 07
Alex	11 Mar 07
Amaya	17 mar 07
Arabella	3 May 07
Aurel	26 Feb 07
Brendan	16 Mar 07
Cassandra	13 Apr 07
Charlotte	28 Mar 07
Cohen	11 Apr 07
Dane	28 Jun 07
Elan	May 07
Finn	22 Jan 07
Finn	Apr 07
Hannah	13 Apr 07
Iris	21 Jan 07
Isabelle	Apr 07
Jack	9 Mar 07
Jaxon	21 Feb 07
Kallan	23 Jun 07
Kate	Mar 07
Kegan	Apr 07
Liam	26 Jun 07
Logan	21 May 07
Lucas	9 May 07
Max	6 Jul 07
Naomi	May 07
Nicholas	12 May 07
Noah	16 Apr 07
Otis	3 Apr 07
Rio	13 Jun 07
Rose	28 Mar 07
Ruby	17 Jul 07
Sebastian	21 Mar 07
Serafina	4 Apr 07
Sierra	4 May 07
Uku Zoltan	19 Jan 07
Voya	19 Jun 07
Zavier	9 Jun 07
Zara	14 Aug 07

If you attended postpartum classes during May through August and your babies are not here we apologize. Just send us their names and birthdays and we'll add them next issue. (And please forgive us if we've got the spelling or date wrong!)

childbearing news

Pre-Birth Bonding Workshop

Childbearing is excited to present this special two-hour workshop featuring **Dr Mia Kalef** of **Emerging Families**. This engaging presentation is open to all pregnant women who would like to learn more about enriching the experience of pregnancy, developing a bond with baby during pregnancy, and getting ready for the adventures of motherhood. The workshop will run from 7-9pm, **Monday, 26 November 2007**, and the cost is \$50. To register or for more information contact Stephanie at 604 878 1031 or registration@childbearing.org

Baby & Toddler Show

Come on out and see the **Childbearing** table and many other services of interest at the **Westcoast Moms Community Baby & Toddler Show** on Tuesday 25th September from 6:30 – 9:30 pm at Heritage Hall, 3102 Main Street. Also coming in September, you can read our monthly article on pregnancy and birth on the **Westcoast Moms** website: www.westcoastmoms.ca.

New Businesses

We're delighted to announce the births of two new eco- and family-friendly businesses, run by former prenatal class clients of ours. **New & Green Baby Co.**, run by Karen Randall offers a wide variety of cloth diapering systems; and Flavia Spano has just held the grand opening of her store **Little Earth**, on 2643 East Hastings. It carries new and consignment items with an environmental conscience. Congratulations and best wishes to them both!

Acupressure for Labour

Acubalance Wellness Centre is sponsoring a workshop on perinatal acupressure with Debra Betts of New Zealand, on March 10th 2008. For more information 778-861-3826 or www.pro-d.ca or acubalance.ca.



Emerging Families

Dr. Mia Kalef
Craniosacral Therapist
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✎ Letters & Announcements ✎

We love to hear from you! Keep sending your comments on our newsletter, our classes, your birth and parenting experiences, and anything else related to the childbearing year that you'd like to get off your chest to: registrar@childbearing.org or 8540 Elsmore Road, Richmond BC, V7C 2A1

Hi Stephanie,

I try never to dwell on the things we may have ended up doing if we'd never have found the LMCS to set us on to the right path. I find it almost too distressing to ponder the what-ifs. Occasionally I can't help it and it upsets me. It's saddening to think that such a sound parental grounding isn't universally available and that I should feel like one of lucky ones who happened to stumble upon such compassionate wisdom.

I can earnestly say winning the lottery couldn't compare to what Kerry and I have gained from you folks so whenever I feel upset, I try to think of all the things I can do to pay if forward.

Kam



Ruby Mae, 3 days old

The pushing stage was longer than they predicted, and it took over four hours for Ruby Mae to be born. Being a stubborn Taurean, I refused all offers of pain medication (though I was never pressured to have anything – the nurses read the birth plan, so the safe word was never needed – thanks for the tip in the class!) and managed to achieve a natural birth with delayed cord cutting and everything we wanted. After this some choices changed, as I suffered an unusually large blood loss so I had to have the oxytocin and IV to avoid complications.

We were glad to come home Sunday as we were sharing a room, and we were eager to start our babymoon. We're loving parenthood and Ruby is hilarious and lovely, and makes all the hard work much more than worthwhile.

Wishing everyone as much happiness (and more sleep!); catch up at the reunion.

Lots of love,
Jane, Paul and Ruby



Hi everyone,

Just a note to say Ruby Mae Coleman arrived on Friday June 29th at 4:27pm, weighing in at 8lbs 8oz. Mum, Dad and baby are all fine, if a bit tired!

Labour started at 10pm on Thursday, and developed through the night, not allowing any sleep in the early stages as the back pain was intense. Mum wasn't able to drink any labour teas or -ades without throwing up so the best laid plans went out the window!

We left the house at 7:30am

Friday and arrived at BC Women's at 8:10, with contractions 8 minutes apart and 6 cm dilated and were diagnosed with back labour (which explained the discomfort through the night). We found the bath and shower combination the most effective for coping with the progressing labour, and the nurses were fully supportive of our preferences, and encouraged me to squat and move etc. By 12:10 I was fully dilated but no waters broken. As contractions were much stronger and more frequent [the doctor] broke the waters.

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Focus on:

Crying & Colic

As Tears go by: babies, crying and colic

by Stephanie Ondrack

The sound of a baby crying can shatter our tranquillity and ensnare us in knots of stress and agitation in a way that is acute, devastating, and uniquely withering to our parental egos. Never have we felt so incompetent and useless as when we cannot quiet our little one.

A baby's cry is designed to be jarring to our ears. It is meant to communicate distress in a shrill enough way that it cannot be ignored. When we jump to respond to baby's cry we are honouring our parental instincts, and we are providing an essential link in our baby's emotional and cognitive development.

All babies cry, some more than others. The term "colic" is not a specific condition, but rather a catchall phrase that describes any baby that cries or fusses more than average. Colic is often in the eye of the beholder — the term is frequently applied when new parents are simply unprepared for how vocally real life babies communicate their constant needs.

Almost all babies have a 'witching hour' during which they cry a lot. It is often in the evenings. Many babies will weep for several hours at the end of each day, as they release pent up stress, cluster-feed before bed, and beg to be held and rocked constantly. The shock of this reality often hits new parents like a sledgehammer, and the label of 'colicky' is considered.

Occasionally, there may be something physiological affecting baby's ability to settle. A particularly gassy tummy, a spinal misalignment, a difficult birth...If you suspect this is the case, you could try consulting your family doctor, a paediatric chiropractor,

Every time we attend to our crying baby, we are communicating. Our responsiveness tells our baby "You are important to me, your needs are valid, you are loved."

a paediatric osteopath, a naturopath, or an infant massage therapist. In rare cases, you may even try eliminating wheat and dairy from the maternal diet for a few weeks. But most

of the time, a lot of crying is simply normal newborn behaviour.

We may hear from well-intentioned friends or family that we should not rush to attend to our crying baby, that baby may get spoiled if we over indulge at every whimper. But this is harmful advice, borne of a time when babies were seen as manipulative little tyrants with escalating whims. Now we know that babies are incapable of calculated motives. Indeed, they are the only people in society with absolutely pure intentions: their communication is direct, honest, and entirely without duplicity. When a baby cries, she needs you to respond. Your baby is a teeny little human being, capable of a full range of human emotions, but utterly lacking in the means to take care of her own needs, to defer her own needs, or to communicate her needs in a more 'seemly' way.

There is no other situation in which we would justify ignoring a loved one in distress. Our babies are completely dependent upon us for all of their needs. It is a gross abuse of this trust to turn our backs on them when they call out — they have no other recourse, and no other way of expressing themselves. It is frightening that we parents hold so much power.

Every time we attend to our crying baby, we are communicating. Our responsiveness tells our baby "You are important to me, your needs are valid, you are loved." Our baby learns that he matters. In this way, he develops self-esteem. At the same time, he is learning the back & forth of communication—he initiates and we respond. This is the basis for conversation, and the foundation from which he will learn to listen and answer when we address him. If you don't want to be ignored by your toddler in a couple of years, do not ignore your baby now.

If we ignore our baby's cries, she gets the message that no one cares, the world is an unfriendly place, her needs do not matter and will never be met, and that she cannot trust anyone. She is also learning that responses are optional —

It is a gross abuse of trust to turn our backs on them when they call out.

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that one does not have to listen when spoken to. If we ignore her grumbings and only respond when her cries reach a frantic intensity, we are teaching her that she has to go ballistic if she wants a response — she is learning that she must pump up the intensity to full-on tantrum for us to listen. Clearly, it is in our own best interest as well as baby's to attend to her cries immediately. Over time, she will learn that quiet and calm beckoning will summon you just as quickly.

All that being said, we cannot always stop our babies

COLIC HELP

All babies cry a lot, but if you genuinely think something is wrong, trust your instincts. First get baby checked by your doctor. If everything medical seems okay, any of the following modalities can be helpful for colicky babies:

- ☞ **chiropractic adjustment**
- ☞ **osteopathic treatment**
- ☞ **baby massage**
- ☞ **adjusting mum's diet** (usually eliminating dairy & wheat, but occasionally other foods—see a naturopath)
- ☞ **craniosacral therapy**

With any of the above disciplines, make sure you choose a practitioner who is qualified to work with babies.

TIPS FOR SOOTHING A CRYING BABY

- ☞ **Breastfeeding:** No such thing as too much
- ☞ **Rocking:** Some babies like lots of up/down motion
- ☞ **Swaying:** Some babies prefer side-to-side motion
- ☞ **Singing:** Try your favourite lullaby near baby's ear
- ☞ **Shushing:** Try gentle shhhshhhshhh noises near baby's ear
- ☞ **Babywearing:** Some babies calm right down when worn next to your body
- ☞ **Change of Scene:** Take baby out for a walk, or into a dimmer or quieter room
- ☞ **Change of parent:** Take a break, try trading with your partner
- ☞ **Colic holds:** Hold baby over your shoulder, or over your arm, so baby's tummy gets firm support
- ☞ **Hand Motion:** Slowly wave your fingers and move your hands 18 inches away from baby's face
- ☞ **Skin to skin:** Many babies are soothed by skin contact
- ☞ **Breastfeeding:** Try again, there's no harm, maybe by now baby will nurse to sleep
- ☞ **Whisper Sweet Nothings:** Let baby cry in your loving arms while you gently offer soothing consolation

from crying, and nor do we need to. The key is responding when they cry — promptly and consistently — but our job ends there. We cannot force our baby to stop crying. We can, and should, first see to his obvious needs: does baby need to nurse? Does baby want to be held? Rocked? Sung to? Nursed some more? Breastfeeding is the magical Swiss-army-knife of Mother Nature's toolbox: it can feed, bond, comfort, settle, heal and soothe-to-sleep. It is okay to be a one-trick mama. Breastfeeding is the best gift nature gives us. Don't be afraid to use it liberally.

But after exhausting the usual bag of tricks, sometimes we must acknowledge that baby needs comforting, and not controlling. After all, when we grown-ups cry, we do not always want someone to distract us, feed us, or jolly us up with funny faces. Sometimes we just want to be held, soothed, and told that everything will be okay. And that is precisely what babies need at the end of a long day when all of their emotions come flooding out—a calm, soothing parent to hold them, sway with them, and whisper I'm here, You're upset now but it will be okay, I am with you, I will not leave you. Chances are, your baby will sink into a delicious and exhausted sleep after having the wonderful gift of being soothed by a trusted loved one during an emotional

Breastfeeding is the best gift nature gives us. Don't be afraid to use it liberally.

Question of the Quarter:

Q: I've been having trouble getting my two-month-old into a regular sleep routine. Two of my friends have recommended the book *Babywise* by Garry Ezzo. However, I've also heard warnings about how some of the practices recommended in it can be dangerous. What's your take on the book?

A: You're right to be cautious. Believe me, I understand the appeal. The author makes awesome promises about how your baby will sleep better, be more content, eat less frequently, grow up to be more polite, etc, and the book sounds very convincing. But keep in mind that this is the only book that almost every reputable health organization has flagged for the damage its methods can do to babies. And having been a parent of a new baby – twice – I absolutely empathize with the need for more sleep, for routine, for answers, and for anything that would help pave the way towards normalcy. But *Babywise* is not safe. It is dangerous.

Please, please, please read about the book and its consequences before implementing anything in it. The author claims his findings are based on research, but there is no such research. He made it up.

- ☞ Here's a website dedicated to informing parents about the dangers of following the *Babywise* methods:
<http://www.ezzo.info/babywise.htm>
- ☞ Here's another site all about the book and its methods:
<http://home.earthlink.net/~tnk/littleones/babywisealert.html>
- ☞ A Canadian review:
www.cccf-fcsqe.ca/practice/health%20watch/babyw_en.html

If you want some really gentle and loving approaches to encouraging baby to sleep better, here are few suggestions:

- ☞ Elizabeth Pantley's "The No-Cry Sleep Solution",
www.pantley.com/elizabeth
- ☞ Dr Sears' "Nighttime Parenting"
www.askdrsears.com/html/7/T070100.asp
- ☞ And here's a site with useful links:
<http://kellymom.com/parenting/index.html>

By all means, you know your baby best. You should take all my advice with as big of a grain of salt as anyone else's advice, but I heartily encourage you to research *Babywise* before deciding that it's appropriate for you or your baby.

With much compassion for your struggles, with breastfeeding, with sleep, and with making choices,

Warmest wishes,

Stephanie Ondrack

hurdle. You will both feel spent, tired, and much better, the way you sometimes do after a good cry.

Like all other adventures in parenting, the "colicky" phase of babyhood does eventually pass. It usually tapers off after the first several months, as your baby learns that you are reliable and responsive, and as you learn what soothes him. The tearful nights when baby's ceaseless cries seem to fill your head and your world will soon be a distant memory. It can even be a nice memory of an evening ritual, in which you calmly held your beloved baby and provided the reassurance and connection she craved.

☞ *Stephanie Ondrack*

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Cassandra's Birth

by Kim Neville

Cassandra's birth started not with a bang, but with a pop. It was just after 4:00 PM on April 12th, two days before my due date. As I sat on the toilet I heard a distinct popping noise. I thought to myself, "That's my water breaking." Then I thought, "That's impossible. You don't hear your water breaking, do you?" I stood up, and nothing happened, so I decided it was wishful thinking and went back to my desk to get some work done. When I got up half an hour later, whoosh! My yoga pants were soaked to the knees. No mistaking that sign. I

called our doula Jacquie. She advised me to call the hospital and then eat, rest and keep her updated.

I called my husband Shane at work, and when he arrived home we decided to go to Earl's for dinner. I started having mild contractions at the restaurant around 6:15. The waitress asked, "When is the baby coming?" We giggled and replied, "Oh, right about now." My mom called while we were eating and couldn't believe that we were out for dinner and not rushing straight to the hospital. We figured we had lots of time and planned to go for a walk and then take a nap.

After dinner we went for our walk, but only made it a couple of blocks before I was ready to go home. The contractions were about 6 -7 minutes apart and seemed to be growing stronger and closer together very rapidly. I wondered if my labour would go as quickly as my mother's (she had both my brother and me in under six hours).

Shane called Jacquie at 8:00 and asked her to come over. While we waited for her, I sat on my exercise ball. It felt really good to bounce on the ball, and when Jacquie arrived half an hour later, the contractions had slowed down. Jacquie encouraged me to walk around to get things moving again, and had Shane shake my hips while I leaned on the fireplace mantel. We tried lying down for a nap, but I lasted about five minutes before I was back at the fireplace. Shane and Jacquie put pillows on the dining room table and my favourite sleepytime CD on the stereo. I sat on the ball again with my head buried in the pillows while Shane stroked my back.

At 9:20, my contractions were getting quite strong. Jacquie suggested I get in the shower. "This isn't fun anymore," I told them. The shower felt good - so good I didn't want to get out. I stayed there until the water started to run cold. The contractions were still bearable, but they were about two minutes apart. We decided it was time to go to the hospital. Jacquie called ahead to make sure there was a shower available for me. She

asked who the doctor on call was and assured us that I was in good hands.

We arrived at BC Women's Hospital just after 10:00 and a nurse assessed me. I was 4-5 cm dilated. Jacquie assured me that this was great progress but I was disappointed. There seemed to be almost no break between contractions, and I'd thought for sure I was farther along.

We got into the delivery room at 10:45. On the way, our nurse asked me what my plan was for pain management. "No drugs," I gasped, although I have to admit, I hesitated a moment. She never asked again. Instead, she helped Jacquie and Shane set up the shower with towels and a birthing ball. I knelt on the floor and leaned on the ball while Shane directed the shower nozzle at my back. This felt good for a little while, but soon I began to think, "You must be a complete idiot for not wanting medication." Then I thought, "If I'm thinking this, maybe that means I'm in transition." I decided to believe it whether it was true or not. After all, I was already starting to feel "pushy". I stayed in the shower for about half an hour.

Below & Right: Kim & Shane with Cassandra



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When I got out, the doctor checked me. I was at 9 cm! I knew then that I could do this.

I got on my hands and knees on the bed. Shane stood at my head and told me how great I was doing. He was wonderful all the way through, constantly telling me how strong and incredible I was. He knew exactly when I needed him to tie my hair up off my face, and he didn't mind at all when I asked him to please eat a breath mint!

The doctor sat quietly in a chair and didn't say much. At about 11:30, he told me, "If you feel like pushing, you go right ahead." Pushing was a relief, but exhausting. I changed positions a lot – from sitting on the toilet to standing and rocking with Shane, from my hands and knees to a kneeling position with my arms propped on the elevated head of the bed.

At 12:05 the doctor told me he could see the head, and said I could feel it if I wanted. I reached down and touched my baby's head. I felt a burst of energy – I was so close! I pushed hard for several minutes while kneeling. Then Jacquie suggested we try a supported squat. I didn't think I'd be comfortable squatting but agreed to give it a shot. It was 12:25. Shane sat in a chair and held me, and the doctor laid flat out on the delivery room floor to catch the baby. It turns out squatting was exactly what I needed to do. The baby came out in three minutes flat. At 12:28 AM on April 13th, just eight hours after my water broke, I held our purple and screaming daughter in my arms.

"A girl! I guess we have a Cassandra," said Shane. "You did it all by yourself – you're so amazing, honey."

And I felt amazing. Cassandra's birth went exactly as I'd hoped it would. I wouldn't change a thing. But I can't honestly say I did it all by myself. From Stephanie and Aleksandra and our prenatal classmates to my husband, my doula and the hospital staff at Women's – I had a lot of help. I do think I did an amazing job, but my support team was pretty amazing too.

✧ Kim Neville

the childbearing society presents
Another Birth ...

A refresher prenatal class, perfect for second (or more) time parents



- ✧ *Finding ways to honour this pregnancy and celebrate its distinctness*
- ✧ *Summoning up those old birthing techniques and learning new ones*
- ✧ *What worked last time ... and what didn't*
- ✧ *Coming to terms with your previous birth experiences; letting go and looking ahead*
- ✧ *Breastfeeding all over again (or for the first time)*
- ✧ *How to prepare your first baby for sibling-hood*
- ✧ *Connecting with your new baby while maintaining the bond with your first*
- ✧ *And much, much more*

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Spring 2007
Graduates



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Prenatal Classes	
Lower Mainland Childbearing	604-878-1031
Doula Referrals	
Doula Services Association Lower Mainland Childbearing	604-515-5588 604-878-1031
Vancouver Coastal Health	
Vancouver Health Department Evergreen Health Centre North Community Health Office Pacific Spirit Health Centre Raven Song Health Centre South Health Office Three Bridges Health Centre	604-875-6381 604-872-2511 604-253-3575 604-261-6366 604-709-6400 604-321-6151 604-736-9844
<i>Note: Your Community Health Nurse has further information on local resource</i>	



Nicholas Matteo Robek Holmes
Born 12 May 2007

Prenatal Class Schedule (updated September 2007)

<p>Healthy Pregnancy Classes Content: <i>Mums only class.</i> Covers nutrition, exercise, and lifestyle choices for pregnancy; screening & diagnostic tests; foetal development; pregnancy discomforts & remedies</p>	<p>2 sessions 2 hours each Cost: \$75* <i>*Included free of charge with weekly series or weekend workshops.</i> Time: 7:00pm – 9:00pm</p>	<p>Location: <i>Mount Pleasant Neighbourhood House</i> 800 East Broadway</p> <p>October T 3 & 10 Oct November Th 29 Oct & 3 Dec January Th 10 & 17 Jan March W 19 & 26 Mar</p>
<p>Weekly Series Content: Normal labour & birth; relaxation, positions & coping skills for labour; medical pain relief, interventions & procedures; postpartum; breastfeeding; early parenthood; newborn care. Includes handbook and CD.</p>	<p>14 sessions: 7 Evening classes (2hrs ea) 2 Healthy Pregnancy sessions 1 Postpartum Reunion 4 Postpartum Classes <i>(option: 8 additional postpartum classes for \$60 more)</i> Cost: \$220 <i>(\$280 includes full PP series)</i> Time: 7:00pm – 9:00pm</p>	<p>Location: <i>Mount Pleasant Neighbourhood House</i> 800 East Broadway</p> <p>Autumn Th 11 Oct – 22 Nov Mid-Autumn T 30 Oct – 11 Dec Late Autumn W 7 Nov – 19 Dec Winter T 8 Jan – 19 Feb Late Winter W 30 Jan – 12 Mar Early Spring Th 21 Feb – 3 Apr Spring T 25 Mar – 6 May</p>
<p>Weekend Workshops Content: Same as for weekly series; slightly condensed format; breastfeeding not covered, but cost includes Friday night breastfeeding class. Handbook & CD included.</p>	<p>10 sessions: 2 Weekend days (5hrs ea) 1 Breastfeeding Night 2 Healthy Pregnancy sessions 1 Postpartum Reunion 4 Postpartum Classes <i>(option: 8 additional postpartum classes for \$60 more)</i> Time: Friday 7-9pm, Sat & Sun 9am - 2pm OR 3-8pm</p>	<p>Cost: \$220 <i>(\$280 includes full PP series)</i> Location: <i>3285 Victoria (at 16th)</i></p> <p>October 19-21 Oct December 7-9 Dec January 18-20 Jan March 14-16 Mar April 18-20 Apr May 2-4 May Late May 30 May-1 Jun</p>
<p>Breastfeeding only Content: <i>Mums only class.</i> Partners welcome if space permits. Covers breastfeeding basics; troubleshooting; breastpumps & returning to work; special needs; colic</p>	<p>1 session: Friday Night 2 hours Cost: \$40* <i>*Included free of charge with weekend workshop</i> Time: 7:00-9:00pm</p>	<p>Location: <i>3285 Victoria (at 16th)</i> As above, Friday nights only</p>
<p>Another Birth: refresher class Content: finding ways to honour this pregnancy and celebrate its distinctness; what worked last time... and what didn't; recalling old birthing techniques and learning new ones; how to prepare your first baby for sibling-hood; connecting with your new baby while maintaining the bond with your 1st.</p>	<p>1 session: Saturday Afternoon 4 hours Cost: \$75* <i>\$65 for Childbearing Grads</i> Time: noon – 4pm</p>	<p>Location: <i>Mount Pleasant Neighbourhood House</i> 800 East Broadway</p> <p>November 17 Nov February 2 Feb April 12 Apr</p>
<p>Postpartum Classes Content: <i>For parents with babies who are not yet walking.</i> Covers infant feeding, sleep, safety, colic & crying, attachment, and infant development, and many other topics.</p>	<p>12 sessions: 1 ½ hours each Cost: \$150* <i>*Free for expectant parents; 4 sessions included free with prenatal class series.</i> Time: 12:30 - 2 pm</p>	<p>Location: <i>Mount Pleasant Neighbourhood House</i> 800 East Broadway</p> <p>September W 5 – 26 Sep October W 3-24 Oct November W 7-28 Nov January W 9-30 Jan February W 6-27 Feb March W 5-26 Mar</p>
<p>Private Classes Cost: \$20 + \$50/hour Minimum 2 hours. Does not include materials (optional: \$25)</p>	<p>To register, or for more information: (604) 878-1031 www.childbearing.org</p> <p>Low income rates available.</p>	<p>Our Instructors, all health professionals and parents, add their extensive training and reading on subjects related to pregnancy, birth and parenting to their personal experience. All instructors hold Childbirth Education Certificates from VCC / Douglas College, and are members of ICEA, the International Childbirth Education Association. All have a love and passion for the childbearing year.</p>

Note that schedule changes may occur. See our website for the most up-to-date class schedules.