

PRENATAL RESOURCES

Early Bird 1st Trimester Classes

Call your local center to register.

WHO: Women up to 13 weeks into their pregnancies + one guest

WHEN: Contact a center for next class.

WHAT: A free two-hour small group session that uses a physician-approved curriculum to teach you:

- What to expect at prenatal appointments
- Nutrition suggestions for pregnancy
- Recommended lifestyle changes for your health and your baby's well-being
- When to call for help

Earning While Learning

Each time you complete a class, you'll earn Care Net Cash to buy maternity supplies, baby clothes, diapers, car seats, and more in the center's boutique.



CUT 2 INCHES

Childbirth Education Classes

Classes available at select centers. Pre-registration required. Call to find a class at a center near you.

WHO: Pregnant women + one guest

WHEN: Five 2-hour classes

WHAT: Prepare for labor and the birth of your child. The course is taught by a registered nurse with CBE certification.

- Overview of labor
- Recognizing the signs of labor
- Labor coping skills and comfort
- Stages and phases of labor
- Birth interventions and hospital procedures
- Possible variations of labor and childbirth
- Choices in pain management
- Birth plans and preparations for the hospital
- Breastfeeding
- Registrants should come to class with two pillows and a mat, and should wear comfortable clothing.

Certification Information: Care Net of Puget Sound offers Childbirth Education Courses (CBE) under the direction of a certified CBE instructor and in accordance with Washington State guidelines. The class curriculum has been approved by our Medical Director, a board-certified OB/GYN. Patients should be under the care of a physician/midwife (pregnancy healthcare provider) prior to and during CBE session dates. All medical questions related to a patient's individual pregnancy and health concerns should be directed to your healthcare provider.

24/7 Helpline: 877-668-2566 • carenetsps.org

Care Net of Puget Sound is a healthcare facility as defined by WA State RCW 70.02.010. We offer accurate information about all pregnancy options. Our centers are not abortion clinics and do not offer abortion services or abortion referrals.