

# Childbirth and Parenting Classes in the Seattle Area

For lots more about what is covered in childbirth classes, why they're worth taking, how to choose a class, and questions to ask in choosing a class, see [www.transitiontoparenthood.com/ttp/parented/birthclasses.htm](http://www.transitiontoparenthood.com/ttp/parented/birthclasses.htm)

\*\*In the charts, the Birth Prep column includes 1) "series" of classes, which may include newborn care(NC) and/or breastfeeding (BF), 2) L&B, which cover info on Labor and Birth only; 3) Refreshers, for parents who have already had a baby. It also notes how many sessions the class is split over (e.g. 8 hrs/4 wks would mean a class that met for two hours per session, on four Tuesdays in a row).

Almost all class fees cover two people: typically, the expectant mother, and a support person of her choice. Fees for CPR classes and Conscious Fathering may only cover one adult. \* = can accept Medicaid medical coupon as payment.

## Most Recommended Program – Great Starts Birth & Family Education

Fair disclosure: I am an instructor at Great Starts, so I am not unbiased in my recommendation!

However, I truly believe that we do an excellent job of educating expectant couples about *all* of the options available to them, and empowering them to make the choices that are best for them and their families. Good for all types of parents: hospital or home birth, planning "natural" birth or planning epidural, all diverse family structures. Instructors incorporate aspects of Lamaze, Birthing from Within, ALACE, ICEA and other training methods so parents can choose the techniques that work best for them.

	Birth Prep **	Newborn Care (NC) Breastfeeding (BF)	CPR and Safety	Family preparation	Others
<a href="http://www.greatstarts.org">www.greatstarts.org</a> (206)789-0883 Classes on Capitol Hill, Eastlake, Northgate, Edmonds, Bellevue, Burien, Bainbridge	Series (includes NC, BF, reunion): 14 hrs / 7 wks, 14 hrs / 4 wks, \$170*. With Penny Simkin \$250*. Hypno-birthing \$170. L&B: 8 hrs, \$120* Refresher 3 hrs \$45	Included in series. Or, \$30 each. Happiest Baby on the Block. \$45. Adoptive Baby Care \$30.	Babysafe \$40 CPR \$40 Vaccinations - \$40	Conscious Fathering \$30 Sibling Prep - \$25	Planning for Pregnancy \$40 Early Pregnancy - \$35 Working w/ Labor Pain \$45

## Other Community Based Classes

May be best for those planning on birthing without pain medication, at a hospital, home, or birth center.

Organization/Teacher / Location / "Method"	Birth Prep **	Newborn Care (NC) Breastfeeding (BF)	Others
<a href="#">Big Belly Services</a> Eastlake/Seattle Birthing from Within	L&B: 21 hrs/7wks \$225. 19 hr weekend intensive \$225. Lesbian weekend \$225. Refresher 7 hrs, \$100. VBAC, 7 hrs, \$100	After-Birth Series. 9 hrs/3 wks: NC, BF, and postpartum \$120. (or \$45 for one class)	Early Pregnancy – at Great Starts Diaper Free Class \$25 Carrying your Baby \$35

<a href="#">Birthing Inn</a> / Tacoma Birthing from Within	L&B: 15 hrs/5 wks - \$160*. 8 hrs/1day \$160. Refresher, 4 hrs, \$95	NC \$60 BF \$60 Life After Baby \$60	
<a href="#">Sara Farthing</a> / South Puget Sound Birthing from Within	6 wks \$150		
<a href="#">Birth Zone</a> / Liz Chalmers / Redmond Focus on non-drug coping techniques	L&B 19.25 hrs/7 wk - \$200. 6 wk \$175. 5 wk \$150. Refresher, 4 hr, \$25		
<a href="#">Rosalys Peel</a> / Lamaze	Lamaze Getaway Weekend at a B&B on Kitsap Peninsula: includes L&B, NC, BF, and postpartum / couples relationship. \$350 plus room cost		
<a href="#">Sarah Smith</a> . Tacoma. Birthing from W/in Bradley classes. Various instructors teach in their homes. <a href="#">Directory</a> . Bradley.	L&B: 10 hrs / 5 wks. \$160 Series: 20 hrs/10 wks. \$275 for <a href="#">Betsy Hoffmeister's</a> series		
<a href="#">Patti Ramos</a> - Tacoma	L&B: 18 hrs/2 days \$285. Refresher, 9 hrs \$185		Waterbirth, 2.5 hrs, \$125
<a href="#">Seattle Holistic Ctr</a>	L&B (I can birth) 9 hrs/6wks \$180		

## Hospital –Based Classes

([Contact information and websites](#). Summary of advantages and disadvantages of [hospital classes versus community based classes](#).)

Hospital / Location	Birth Prep **	Newborn Care (NC) Breastfeeding (BF)	CPR and Safety	Family preparation	Others	Package
Auburn Regional Medical Center, Auburn	Series includes BF and NC: 14 hrs/7 wks or 8 hrs/1 day \$135*. L&B: 7.5 hrs/3 wks, \$100*	Newborn class, 2 hrs, \$20 (or take series) Breastfeeding, 2 hours, \$20	Car seat class. Free	Conscious Fathering, \$20. Big Brothers and Sisters (sibling prep), \$20, ages 3 and up.		
<a href="#">Bates Technical College</a> . Bates, Madigan, Tacoma General	L&B 13.75 hrs/5 wks \$90*. Condensed class 2 days - \$83*. Intensive – 8.5 hrs in one day - \$78. Hypno- birthing, 16 hrs, \$83	NC, 3 hrs, \$37 BF, 2.75 hrs. \$15, or free with a birth class		Conscious Fathering, 3 hrs, \$35. Sibling Prep, \$30	Multiples, 2 hrs, \$40. Massage for Pregnancy, 2 hrs, \$40	
Enumclaw Community Hospital (info current as of 3/08)	L&B: 10 hrs/5 wks, \$75*	Baby care classes, 2 sessions			Young mom's class, for moms 13 – 20.	
Evergreen in Kirkland	L&B: 10 hrs/5 wks, 10hrs/2 days, or 6 hrs/1 day, \$120*. L&B with multiples, \$75. Hypno-birthing, 5 session, \$135. Refresher, 4 hrs, \$50	A Day about Babies, 5 hrs, \$75. Infant Feeding & pumping, 2 hrs, \$35 Life with multiples, 2.5 hrs, \$35 Happiest Baby on the Block, 2 hrs, \$60.	Car Safe Kids, free.	Dads Only, 2 hrs, \$20. Conscious Fathering, \$40. For Siblings, 90 minutes, \$25. Expecting a Grandbaby, 1.5, \$25.	Pondering Parenthood. Free. Advanced Labor Coping skills, 2 evenings, \$50. Postpartum, \$25. Bringing Baby Home, 14 hrs, \$125. Pelvic Health, 2 hrs, \$20.	

Group Health.	Classes taught by Great Starts (see above). <a href="http://www.greatstarts.org">www.greatstarts.org</a> or (206)789-0883					
Highline in Burien	Series includes BF. 4 wk, 6 wk, or 2 days. \$135* if birth at Highline, \$150 for others. Includes breastfeeding. Offered in Spanish	Preparation for Breastfeeding, \$20.		Conscious Fathering, \$20; Kangaroo Kapers (Siblings) \$20		
Northwest Hosp	Classes taught by Great Starts (see above). <a href="http://www.greatstarts.org">www.greatstarts.org</a> or (206)789-0883					
Overlake in Bellevue (classes also in Issaquah) Some classes are limited to clients planning to birth at Overlake.	Series includes NC: 14 hrs / 7 wks, \$105.* 10.5 hrs / 5 wk, \$95/120 if not delivering at Overlake. Or Friday night, Sat, and Sun. \$105. Expecting Multiples, 2 hrs, \$60. Refresher, 5 hrs / 2 nights. \$60.	Breastfeeding, 2 hours, \$35. Happiest Baby on the Block - \$60.	CPR and Safety Proofing^ \$30. Car Safe Kids free.	Conscious Fathering^, \$30. Siblings are Special (age 3.5 – 7) \$25. Grandparenting^ \$30.	Planning for Pregnancy, free. Breathing and Relaxation Booster, \$30. Bringing Baby Home, \$150. You and Your New Baby – 5 wks, \$45*. Support Group. Infant Massage^ \$25.	\$175 for birth prep, breastfeeding, and You & Your New Baby
Providence in Everett	L&B: 8 hrs / 4 wks or 8 hrs / 2 wks, \$95. Refresher, 4 hrs / 2 wks, \$50	Newborn Care – 2 hrs, \$30 Feeding your Baby, 2 hrs, \$30	Infant Safety and CPR \$30. Car Seats - \$30.	New Dads, 2 hrs, \$30 Siblings age 3 – 6, 1 hour, \$20.	Mid-Pregnancy – 2 hrs \$30 Practical Skills for Labor – 2 hours, \$30. Planned cesarean 2 hrs, \$30.	
Stevens in Edmonds	Classes taught by Great Starts, but registration through Stevens. <a href="http://stevenshospital.netreturns.biz/Events/Default.aspx">http://stevenshospital.netreturns.biz/Events/Default.aspx</a> Offer childbirth prep series, labor & birth, siblings classes. See prices under Great Starts above.					
Swedish – classes in Ballard, Seattle, Issaquah	L&B^: 8 hrs (in 1 day, 2 day, or 4 weeks): \$95*. 12 hrs / 6 wks \$105*. Multiples (includes NC & BF): \$165. Refresher - \$80 6 hrs, includes sibling class.	Newborn Care^ – 3 hours, \$45. Breastfeeding^, 2.5 hours, \$40. NC & BF combo – 6 hrs, \$85 Happiest Baby on the Block \$45.	Infant CPR and Safety^ – 3 hrs, \$40. Car Seat \$35.	Conscious Fathering^, 3 hrs \$45 Sibling Prep - \$20. Grandparent^, \$35	Early Pregnancy^, \$25. Coping w/Confidence^ 2 hrs \$35 Postpartum Prep^, 2 hrs, \$40. Bringing Baby Home \$150 Planned Cesarean, \$45	Welcome Baby package \$250 includes classes marked with ^
UWMC - Seattle	Series includes BF: 12 hrs / 6 wks or Saturday and Sunday. \$110* Expecting Multiples: 6 class series, 12 hrs for \$200, or \$40 per class.	Baby Care Basics, 2 nights, 5 hours. \$60. Breastfeeding beyond the basics, 2 hrs, \$35.	Infant CPR & Safety, 3 hours, \$50.		Preventing Preterm Birth: 2.5 hours, free.	
Valley General – Monroe	6 week, 12 hours, \$90*		First Aid / CPR: \$40 Car seats. Free			
Valley Medical in Renton	Series includes BF & NC: 15 hrs / 6 weeks or Saturday / Sunday. \$195* May offer	Breastfeeding and the Working Mother , 2 hrs, \$25^.	Infant / Child CPR - \$40 Home and Car Safety, \$35^.	Conscious Fathering, \$25. Sibling class, \$30. Expecting a Grandbaby \$35.	Relaxation and comfort for labor, \$35^. More than One (multiples), \$45.	First Baby Package \$195, includes birth class, and one



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Document updated 04/09. For the most current information, please go directly to websites for each organization. If you know of any needed updates, email me at [janelyntemp@hotmail.com](mailto:janelyntemp@hotmail.com)  
Janelle Durham, 2009.