Come to the New Parent Support Program and learn how to take care of yourself and your baby during pregnancy. Learn about breastfeeding and preparation for labor. We offer four separate classes to be taken consecutively or independently at recommended times during your pregnancy.

Classes are from 1300-1530 in the New Parent Support Program (NPSP) classroom, Little Hall, Lower Level.

All classes are free and are taught by registered nurses. To register, contact NPSP at 703-784-4248.

Class 1 - Learn About Early Pregnancy

Recommended for weeks 8-20 of your pregnancy.

- ♥ How your body is changing
- ♥ Exercising
- ♥ Traveling
- ♥ Growth and Development of Mother/Baby
- ♥ Nutrition

Class 2 - Learn About Breastfeeding

Recommended for weeks 16-28 of your pregnancy.

- ♥ How breastfeeding works
- ♥ Latching on and positioning
- ♥ When to feed/how much is enough
- ♥ Breastfeeding lifestyle
- ♥ Pumping and returning to work

Class 3 - Learn About Late Pregnancy

Recommended for weeks 20-30 of your pregnancy.

- ♥ Common discomforts and suggestions to alleviate
- ♥ Attachment and bonding
- ♥ Growth and development
- ♥ First stage of labor
- ♥ Prevent preterm labor

Class 4 - Learn to Prepare for Your Birth Experience

Recommended for weeks 28-36 of your pregnancy.

- ♥ Relaxation and breathing
- ♥ Basic labor preparation
- ♥ Comfort techniques

Please call 703-784-4248 for dates.