

A More Peaceful Fourth Trimester: Preparing for the Postpartum Period

Welcoming a new baby to your family can be both exciting and overwhelming. Join other expecting mothers and their partners/support person(s) in this class to prepare for life beyond birth and:

Connect with one another and local resources/organizations that can ease the transition and provide support.

Discuss common fourth trimester challenges, including adjusting to parenthood and your new family, sleep, meals, housework, and "baby blues".

Organize your own personalized plans for making the fourth trimester smoother for the whole family.

Tuesdays: 7/20, 7/27, 8/3, 8/10

7:00-8:15pm on Zoom

Register here:

<https://slcusd.asapconnected.com/#CourseID=235901>



Parent Connection
of San Luis Obispo County
www.sloparents.org

adult school

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