



Wow! I'm Having a Baby!

Parent-to-Be Education Series

We are excited to announce new classes taught by well-respected Childbirth Educator Leslye Adelman.

Breastfeeding Basics

Tuesday, August 10, 7:00-10:00 PM

Cost: \$100

In your 3rd trimester, this class provides an encouraging introduction to breastfeeding and other information necessary to feeding your baby.

Bringing Home Baby—2 part class

Tuesdays, August 17, 7:00-9:00 PM and August 24, 7:00-10:00 PM Cost: \$120

In your 3rd trimester, Part 1 is understanding newborns from head to toe, including discussions on products for you and your baby. Part 2 teaches bathing, diapering, swaddling and more. There is also an optional one-hour discussion with Rabbi Sarah Hronsky dedicated to the rituals involved with having a Jewish baby.

Package price for all classes in series: \$375

Cost for series *excluding* Welcome to Your Pregnancy: \$300

Partners are encouraged to attend all classes.

For more information and to reserve your space, contact Marsha Franklin, Early Childhood Director at Temple Beth Hillel, at (818) 761-6983 or marsha@tbhla.org.

*Temple Beth Hillel is an inclusive Jewish community affiliated with the Reform movement.
All classes are open to the public.*