



Blossom Birth & Family
community • support • yoga • wellness

*It is recommend to complete ALL childbirth prep classes by the 37th week of pregnancy	Preconception	Pregnancy			Birth	Postpartum			
		1st Trimester	2nd Trimester	3rd Trimester		4th Trimester	Pre-Walkers	Walkers	Movers & More
	>0 wks	1 - 14 wks	15 - 28 wks	28 - 37* wks	37 - 42+ wks	1 - 14 wks	4 - 8 mos	8 - 18 mos	18 mos - 3+ yrs
Adult, Infant & Child CPR	✓	✓	✓	✓		✓	✓	✓	✓
After Your Baby's Birth			✓	✓					
Baby Care			✓	✓					
Baby Sign Language Playgroup						✓	✓	✓	
Babywearing Essentials		✓	✓	✓					
Birth After Cesarean		✓	✓	✓					
Birthing Naturally: Partner Supported Childbirth		✓	✓	✓					
Blossom 2.0 Co-Working						✓	✓	✓	✓
Blossom Babies 0-8 mo						✓	✓		
Breastfeeding Basics			✓	✓					
Breastfeeding Connections						✓	✓	✓	✓
Childbirth Prep Intensive			✓	✓					
Childbirth Prep Refresher			✓	✓					
Childbirth Prep Series (3wk & 5wk)			✓	✓					
Comfort Measures for an Easier Labor			✓	✓					
Drop-in Playgroups						✓	✓	✓	✓
Early Parenting Sleep Support Group						✓	✓	✓	
Grief & Healing After The Loss of Your Baby - Web App			✓	✓	✓	✓	✓		
Growing Together			✓	✓		✓	✓		
HypnoBirthing®: The Mongan Method			✓	✓					
Infant Development						✓	✓	✓	
Infant Massage Workshop						✓	✓		
Intro to Baby Sign Language	✓	✓	✓	✓		✓	✓	✓	✓
Music Together®						✓	✓	✓	✓
Partner Support Prep			✓	✓					
Postpartum Mom's Online Lunchtime Support Group						✓	✓	✓	✓
Pregnancy & Postpartum Moods and Challenges Support Group		✓	✓	✓	✓	✓	✓	✓	✓
Pregnancy Discussion Group					✓				
Private Class Instruction	✓	✓	✓	✓	✓	✓	✓	✓	✓
Questions and Answers on Hiring a Doula	✓	✓	✓						
Toddler & Preschooler Sign Language Playgroup		✓	✓						✓
Understanding Birth - eClass		✓	✓	✓					
Understanding Birth Hybrid			✓	✓					
Understanding Breastfeeding - eClass		✓	✓	✓					
Understanding Multiples - eClass		✓	✓	✓					
Understanding the NICU - Web App				✓	✓	✓			