TandemBirth

LIVE ONLINE CLASS FOR THE PERSON SUPPORTING THE BIRTH

Newborn Prep for Dads & Partners

90 minutes on video: what you do during labor and birth, and what you do in the first two weeks at home.

Who it is for

Dads, partners who are moms, and any parent or friend who will be the support person. First baby or not.

What we cover

- Your role in the room, stage by stage
- Questions to ask the care team, and what to do when the plan changes
- Nights, feeding support, soothing and visitors in the first two weeks
- Your partner's recovery, and your own head
- Open talk for your questions

When

The first Wednesday of every month, 6:30 to 8:00 PM Pacific (7:30 Mountain, 8:30 Central, 9:30 Eastern). 12 seats. Not recorded. Led by Jeff Novick, who has parented six newborns.

tandembirth.com/dadsclass

Scan or type the address to see the next date and book a seat.

It starts with a free session: Wednesday, December 2, 2026.

After that, $45 a seat. Questions: info@tandembirth.com

Preparation, not medical advice. Questions about health go to your care team. TandemBirth is a one-person business in Northern California.