LIVE ONLINE CLASS · 90 MINUTES

Newborn Prep for Dads & Partners: what we cover

For the person supporting the birth: a dad, a partner who is a mom, or a parent or friend who will be the support person. First baby or not.

TandemBirth
tandembirth.com/newborn-prep-dads

When

The first Wednesday of every month, 6:30 to 8:00 PM Pacific (9:30 to 11:00 PM Eastern), live on video. 12 seats. Not recorded. Led by Jeff Novick.

What to bring

Your answers from the partner part of the free TandemBirth planner (tandembirth.com/planner). You leave with your documents finished.

1. The birth

about 35 minutes

- Your role in the room: a full partner, not an assistant
- What to do, stage by stage
- Questions you can ask the care team
- How to reset when you are both overwhelmed
- What to do when the plan changes

2. The first two weeks at home

about 35 minutes

- Nights, and how to split them
- Supporting feeding, whatever the feeding plan is
- Soothing
- Your partner's recovery, and what to take off their plate
- Visitors
- Your own head, and who supports you

3. Open talk

20 minutes

Your questions, and the parts of the first weeks nobody talks about.

My questions for the class

Preparation, not medical advice. Safe sleep, medications and anything about your partner's or your baby's health go to your care team. See the next date and book at **tandembirth.com/newborn-prep-dads**.