**Parenting Classes**

**Happiest Baby on the Block**, 1 Tuesday, 6:30 - 9:00 p.m. Parent Trust/Great Starts, UW-Northwest Hospital or UW-Roo-sevelt. Call 206-789-0883, or see [www.greatstarts.org](http://www.greatstarts.org) , *(PI, $20, + $15/couple for DVD)*

**Life with Baby – Making the Transition to Parenthood**, 1 2-hr. session, Parent Trust/Great Starts. UW-Roosevelt or UW-Northwest Hospital. Call 206-789-0883, or see [www.greatstarts.org](http://www.greatstarts.org) . *(PI, $30/ couple)*

**Feb. TBA** Nancy Hanauer, **Hop to Singaroo® Baby Sign Language**, 4 Thursdays, 6:30 - 7:30 p.m. Swedish-Ballard. Call 206-386-2502, email healtheducation@swedish.org, or register at [www.swedish.org/classes](http://www.swedish.org/classes) *(1 or 2 P, or P & GP, $128, $19 materials, scholarships)*

**Seattle Central Community College** offers classes for parents and infants, older infants, and toddlers. Call or email Missy Chow, 206-587-6906, mchow@sccd.ctc.edu, or see [www.seattlecentral.edu/parentchildcenter/classes.htm](http://www.seattlecentral.edu/parentchildcenter/classes.htm) *(PI, PY & children $122.50 per quarter, scholarships)*

**Sibling Adjustment: For Big Brother/Sister**, 1 Monday, 6:00 - 7:00 p.m. Great Starts/ Parent Trust, at Center for Strong Families, North Rainier Valley. Call 206-789-0883 or see [www.greatstarts.org](http://www.greatstarts.org) *(Kids ages 2½-6 yr., $20, $5/additional sib-ling)*

**Bellevue College** offers several special programs each quarter for parents and young children at various Eastside loca-tions: **Parent-Infant** and **Parent –Toddler** (birth through age 3), **Creative Development Lab** (art enrichment for ages 3 -5, and parent ed, on campus) , **Sammamish Art & Science Enrichment Lab** (for ages 3-5, at Pine Lake Community Club), **Discovery Lab** (science enrichment for ages 5-7, parent ed, at Robinswood Park), **Beyond Five – For Parents Only** (1 day/month). Call 425-564-2438 or see [www.bellevuecollege.edu/parented](http://www.bellevuecollege.edu/parented) *(PY & child, tuition)*

**Evergreen Healthcare Parent-Baby Series**, Kirkland. Call 425-899-3000 or see [www.evergreenhospital.org/parent-baby](http://www.evergreenhospital.org/parent-baby) *(PI, PY, & baby, class for Snugglers (0-3 mo. free, other classes through 15 mo. $77)*

**Father’s First Steps: Helping New Fathers Nurture Their Babies**, 6 Saturdays, 10:00-11:30 a.m. New Parent Ser-vices/Wellspring Family Services, Bellevue. Call or email 425-453-7890, ext. 268, nps@wellspringfs.org. *(New dads, $96, scholarships)*

**Mindful Interactions with Your Baby** and **Mindful Interactions with Your Toddler** are year-long courses. Stroum Jewish Community Center, Mercer Island. To join after start date, call or email Shannon Cruzen, 206-526-9958, ext. 228, [shannonc@sjcc.org](mailto:shannonc@sjcc.org)

**Parent-Child Interaction Training**, 12-14 wk., Encompass, North Bend, or Virginia Mason, Issaquah. Call 425-888-2777. *(P & child 2-7 yrs., one-on-one parent coaching with child*, *$45/session, scholarships)*

**Healthy Start**, home visits, baby-toddler information, resources, play groups. Shoreline Family Support Center. Call Lucy, 206-422-2026. *(New P, M, ages 16-22, free)*

**New Dads**, 1 Wednesday, 7:00 - 9:00 p.m. Providence Regional Medical Center, Everett. Call 425-304-6000. *(D, $30)*