

UPSTATE BEST BEGINNINGS: CHILDBIRTH & NEW FAMILY CLASSES



Congratulations to you during this special time!

Upstate Best Beginnings Childbirth & New Family Classes will help prepare you, caregivers, and all family members for the birth of your baby.

To register or to see the full list of class options visit www.upstate.edu/bestbegin or scan the QR code below.

For specific class questions, contact the Best Beginning Coordinator at ChildBirthEd@upstate.edu or call (315) 492-5153.

UPSTATE
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Family Birth Center



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Class options include:

Childbirth

Breastfeeding

Newborn Care

Understanding Fatherhood

My New Sibling

Baby & Me

Breastfeeding Back to Work

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