

## Learning as Parents

Babies and children are always learning, so here are some ideas for learning as parents!

### Prenatal Classes

**For:** Expecting parents and birth partners

**Where:** Online

**When:** Evenings, weekends, often 3-5 classes

**Cost:** Varies, approx. \$60 per series, OHP members often free

Prenatal classes are taken through the hospital or birthing center where you plan to deliver, or with your midwife if you're planning a home birth. Childbirth educators teach everything from pregnancy, birthing, breastfeeding, and postnatal expectations, and usually tailor their class to students' needs.

Childbirth classes are online currently. It's very important to take childbirth classes now so that you can learn what changes to expect during delivery due to COVID-19.

### Parent-Child Classes

**For:** Parent/caregiver with child

**Where:** Online

**When:** Meet once a week for 10 weeks, series start three times a year, with LBCC's term schedule. Times and days vary.

**Cost:** Varies, \$25-\$74/term; co-op preschools higher; scholarships available.

In parent-child classes, like [Live and Learn classes](#), parent and child take a class together. Classes are available for newborns up to preschool age, and classes vary by age.

Weekly classes focus on fun activities to do with your child, ways to handle common parenting concerns, and stages of your child's growth and development.

The best part is connecting with other parents who are going through similar issues. For children ages 3 years to 5 years, Discovery Laboratory, Creative Development, and co-op preschools are offered.



### Parenting Workshops

**For:** All parents/caregivers

**Where:** Online

**When:** Offered throughout the year,

**Cost:** Often free

Parenting workshops are typically attended by parents without their children. Parenting workshops are for all parents, not just those who are dealing with high family stress. Most are offered for all parents to learn new skills as their children grow. Plus, an important topic during most parenting programs and workshops is ways to care for yourself as a parent.

Check out a parenting workshop that meets for one night, like one of the [Nurturing series of classes](#) from the [Parenting Success Network](#), to see if they are for you.

*Note: Parent education options are online until further notice, but educators work hard to make online options as interactive as possible!*

## One-on-One Parent Support and Coaching

**For:** All parents, prenatal and postnatal; some programs have qualification criteria

**Where:** Online

**When:** Scheduled as convenient for parent

**Cost:** Free

One-on-one parent support and coaching is great for all parents, whether support for a specific issue or ongoing help with parenting is needed.

Parent coaching and support includes home visiting programs like Healthy Families, Early Head Start, Relief Nursery, and Family Connects; pregnancy and postnatal support like doulas from the Community Doula Program; and parent coaches like Coach4Parents.

For some programs, families need to meet certain criteria, like family stress, income, and social isolation, but other programs are open to all families.

## Where to find parent education

Pollywog is your source for registering for parent education classes and workshops. We have available options listed on our website in English and Spanish. It's easy to check out the listings and sign-up to have Pollywog contact you to register.

Due to the online nature of classes right now, some registrations are handled by LBCC's Parenting Education department staff. All information is listed on [pollywogfamily.org](http://pollywogfamily.org).

- [Family Connects](#) - coming soon!
- [Healthy Families](#)
- [Early Head Start](#)
- [Relief Nursery](#)
- [Community Doula Program](#)
- [Coach4Parents](#)

## Coming Soon: Family Connects!

Family Connects is coming soon to Linn, Benton, and Lincoln counties!

Family Connects is a free home visiting program that offers up to three home visits to all families with newborn babies. The home visitors of Family Connects are nurses trained to connect families with support and information. Family Connects nurses measure newborn and maternal health, assess family strengths and needs, and link families to established community resources.

Research shows that 95 percent of all families have needs after the birth of a child. These needs are unique to each family. The nurse home visitor works with families to identify what families need and want. Family Connects Oregon bridges the gap between parents and community resources, which has been shown to improve family well-being.

Stayed tuned to Pollywog via our newsletter and our [Facebook page](#) for more information.



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