

Super Siblings!

New Brother, New Sister Classes 2025



New Siblings class activities:

- Enjoy an entertaining and educational video about how to be a Super Sibling
- Learn what a new baby looks like and how they will act
- How to hold and talk to a baby
- How to be a helper
- Baby safety
- How to deal with new feelings
- Tour of the birthing unit as restrictions allow
- Activity book and class participation certificate to take home
- Hands-on activities to help make becoming a sibling fun!

Cost: Free

Target Audience:

Children ages 3-7 who are expecting a new baby in the family.

When & Where:

The 3rd Wednesday, every other month, from 3:00 - 4:30pm

Albany General Hospital

Reimer Building- in the hospital parking lot
1046 Sixth Ave. SW, Albany, OR

Once Monthly on Monday, from 3:30 - 5pm

Good Samaritan Regional Medical Center
Conference Rooms on the first floor.
3600 NW Samaritan Drive, Corvallis, OR

Registration and information:

- Pollywog at 541-917-4884, pollywogfamily.org.
- <https://samhealth.org/events/>
- **Albany Classes:** Contact Amy Bliege at [541-812-4301](tel:541-812-4301)
- **Corvallis Classes:** Email lshelby@samhealth.org



Samaritan
Health Services
samhealth.org