



The  
**MamaCoach**





*Katie Wade*

# NEWBORN CARE ESSENTIALS: FEEDING, SLEEP & SOOTHING

2026 Dates | 6:00 – 7:15 pm

March 4 • June 3 • September 2



 @katiewade.themamacoach  
 The Mama Coach - Katie Wade RN, MSN  
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HSA / FSA funds eligible\*



## Feeling unsure about bringing your baby home?

This supportive, evidence-based workshop helps you feel calm, prepared, and confident for those first tender weeks.

### What You'll Learn:

- Feeding basics — breastfeeding, bottles, and hunger cues
- Reading your baby's cues — sleepy, fussy, and comfort needs
- Newborn sleep foundations — safe sleep and gentle rhythms
- Soothing strategies — calm and practical techniques
- Interactive Q&A — real-life questions answered

**Location:** Corvallis Birth Center, 2314 NW Kings Blvd #A, Corvallis, OR

**Investment:** \$40 per couple

**Prepare for baby with practical tools, reassurance, and confidence.**