



The
MamaCoach
Katie Wade

NEWBORN CARE ESSENTIALS: FEEDING, SLEEP & SOOTHING

2026 Dates | 6:00 – 7:15 pm

March 4 • June 3 • September 2



 [@katiwade.themamacoach](https://www.instagram.com/katiwade.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.