



Understanding Grandparenting

Empowering Your Experience as a New Grandparent



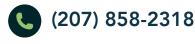
Class Dates

- February 26, 2026
- June 25, 2026
- October 29, 2026

All classes will be from 4:30pm - 6:30pm.

All classes will be at Redington-Fairview General Hospital.

To sign up, please call:





Why Grandparents are Grand

Benefits of being a grandparent and children having involved grandparents.

Birth and Mother Care Changes

Current hospital birth practices, grandparents at birth, rooming-in, and postpartum mood and anxiety disorders.

What's New in Baby Care

Crying and comforting, and changes in bathing and diapering.

Health and Safety

Germs and infections, safe sleep and SIDS, warning signs, car seats, hot car safety, outdoor safety, childproofing, and baby equipment.

Feeding Baby

Changes in breastfeeding, supporting breastfeeding, and changes in infant nutrition.

Play and Milestones

Monthly milestones for the first 4 months, and ideas for interactions.

Your Supportive Role

Setting boundaries and healthy communication.