

# 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:



(207) 858-2318

## Topics Covered

### ✓ 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.