

Classes for Parents and Caregivers

Babysafe and Infant and Child CPR are both 3-hour classes. They are taught by professional instructors credentialed by the American Heart Association. The classes are held through the combined efforts of Children's Hospital and Regional Medical Center and Great Starts Birth & Family Education.



Babysafe

An infant safety class for parents, expectant parents and others who care for children under age one. Topics include infant development, baby safety, injury prevention and care of common injuries. Infant CPR and choking rescue are demonstrated.

- Dates & Room:** Visit www.seattlechildrens.org/classes for dates and room locations.
- Place:** Children's Hospital and Regional Medical Center – 70th & Sand Point Way Building
- Time:** Weekdays, 6 to 9 p.m.
- Fee:** \$40 per family
- Registration:** Visit www.seattlechildrens.org/classes to register or call the Children's registration line at (206) 789-2306.

Infant and Child CPR

This CPR certification class is designed for parents, child care providers and others who care for children. Topics include risk factors, healthy heart living, infant/child CPR, choking rescue and safety. Attendees receive an American Heart Association Basic Life Support Certificate valid for two years.

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