THE STUDY...

Community Referral Process:
Childbirth Education Partners – Send parents letter, phone call follow-up
Health Centers – Flyers and post cards distributed: parents calls in or sends card
Others – Flyers, Announcements: parents calls in

Eligibility Requirements:
1. Expecting a first baby
2. Mom/dad at least 18
3. Married or living in the same household.

Random Assignment

<table>
<thead>
<tr>
<th>Program group:</th>
<th>4 Prenatal Classes</th>
<th>4 Postnatal Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOTH groups:</td>
<td>Home Visit for data</td>
<td>Birth</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mail Questionnaire</td>
</tr>
<tr>
<td>Control group:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Info Packet</td>
</tr>
</tbody>
</table>

Both groups receive a total of $200 for data collection (2 home visits and 1 mail-in questionnaire)
RESULTS SO FAR...

"I think these classes are perfect for first-time parents..."
"This class is great..."
"It’s real and not textbook..."

- First-Time Parents

"This class is worthwhile and quite frankly more than I originally expected."

- First-Time Dad

"It’s an enjoyable class. I find it helpful in getting us to think realistically about having a child."

- First-Time Mom

"I am thankful I am included in these classes. I feel that this will help me to be a better parent. I will also be able to share what I have learned with others."

- First-Time Mom