

# HOPE NOTES 2026



Jacob's Hope is pleased to offer Hope Notes classes throughout 2025. Hope Notes may take place in-person at Jacob's Hope or online through Zoom. The five class topics can be found below

## **NAS | Understanding Neonatal Abstinence Syndrome (NAS)**

**30-45 minutes**

This class provides supportive, non-judgmental education about Neonatal Abstinence Syndrome (NAS). You'll learn how to recognize signs and symptoms, understand the Finnegan scoring system and Eat, Sleep, Console (ESC) approach, and explore comforting techniques like the 5 S's and C-hold. We'll also discuss the importance of working with your provider regarding medications.

## **Basic Infant Care | Caring for Your Newborn**

**45 minutes – 1 hour**

This hands-on class walks you through essential infant care skills, including feeding, diapering, bathing, sleep routines, and soothing techniques. Learn safe milk guidelines, hygiene practices, tummy time tips, and how to create a nurturing environment that supports bonding and development.

## **Safety | Creating a Safe Space for Baby**

**45 minutes**

Your baby's safety is a top priority. In this class, we cover safe sleep, car seat guidelines, preventing SIDS, babyproofing your home, choking hazards, infection control, and knowing when to call the doctor. Learn practical ways to keep your baby safe and healthy every day.

## **Supporting Development | Supporting Your Baby's Growth & Development**

**30 minutes**

This class focuses on helping your baby thrive through play, routine, and loving interaction. You'll learn about developmental milestones from birth to one year, how to encourage fine and gross motor skills, and the importance of emotional bonding based on Erikson's stages of development.

## **DCS | Understanding the DCS Process for Substance-Exposed Newborns**

**45 minutes**

This class is designed to help parents and caregivers of substance-exposed newborns (SEN) or infants with Neonatal Abstinence Syndrome (NAS) better understand the Arizona Department of Child Safety (DCS) process. We'll walk through what to expect during a potential investigation, review the Infant Care Plan, and explain common DCS terms in clear, supportive language. You'll also learn what DCS looks for during visits, how to build a strong care plan, and how to advocate for yourself and your baby. Our goal is to help you feel prepared, informed, and empowered—before a DCS case is ever opened.

## **Breastfeeding | Introduction to breastfeeding**

**30 minutes**

This class is provided by Dr. Jennie Bever. Dr. Jennie Bever founded 4th Trimester Arizona, a nonprofit that supports the mental, emotional, and physical health of new parents. She is a lactation consultant and will share her expertise on breastfeeding and pumping in this 30 minute class!



**Virtual Classes Available!**



**Register**

**SCAN OR CLICK TO REGISTER, OR  
EMAIL [INFO@JACOBSHOPEAZ.ORG](mailto:INFO@JACOBSHOPEAZ.ORG)**