



Maternal Family Health Childbirth Classes for New Moms

CLASS DESCRIPTIONS

Happiest Baby on the Block Class:

(While pregnant or after birth, for care of infants 0-4 months old)

This class focuses on the “fourth trimester”, the first 3 or 4 months of your baby’s life.

Strategies are used to turn on the calming reflex to sooth a crying baby. This information is useful for any mom, despite how many babies you have cared for and perfect for the late pregnant or late postpartum woman and those who will help care for the baby!

Childbirth Preparation Class:

(After 30 weeks pregnant)

This class focuses on basic preparation for labor and delivery including comfort measures for the laboring woman. It is great reviews for those who have already ad a baby, or a perfect introduction to all you need to know! Bring your support person/persons with you.

Pregnancy Health Class:

(0-20 weeks pregnant)

This class focuses on what you can expect when you are pregnant and how to keep you and your baby as healthy and comfortable as possible! A great way to be even more aware of what is happening during your pregnancy!

Infant Feeding and Breastfeeding Class:

(Later in your pregnancy)

This class addresses the nutritional needs of your new baby and what you need to know to feed your baby formula and/or breast milk and how to learn some techniques to have a successful feeding experience.

Baby’s First Food Class:

(Soon after birth of your baby)

This class focuses on introducing baby to solid food and answer the questions about when and how and what!!!

All classes are FREE

Taught by Registered Nurses

Last about ONE HOUR

**For more information and class schedules please call 633-4013
(New prenatal classes and times coming soon)**