

2017 Breastfeeding and Parenting Classes

Class	Date & time	Cost & Registration	Additional information
<p>Childbirth Preparation 1-day Saturday Class</p>	<p>9am-4:30pm January 28 March 11 April 22 June 24 August 26 October 7 November 18</p>	<p>Pre-registration is required. Class is FREE. Ideal times take class is 6 to 8 weeks prior to due date.</p>	<p>One-day class to learn about labor and delivery, comfort techniques and breathing strategies as well as a tour of a birthing room. Labor will challenge you physically, emotionally, and intellectually. This class enables you to meet these challenges with knowledge, support, confidence, and skill.</p> <p>Included in the Class:</p> <ul style="list-style-type: none"> - Anatomy and physiology of pregnancy, labor, and birth - Techniques in breathing patterns, relaxation, and conditioning exercises and much more. - The partner's role as an active participant during labor and birth - Medications and anesthesia - Variations in labor and delivery, including Cesarean birth - Tour of Ministry Saint Michael's Woman and Infant Center - Physical and emotional changes
<p>Breastfeeding classes</p>	<p>6pm-8:30pm Wednesday's January 4 February 1 March 1 April 5 May 3 June 7 August 2 September 6 October 4 November 1</p>	<p>Pre-registration is required. Cost is \$15 per couple</p>	<p>If you're planning to Breastfeeding your baby, or have not yet decided and would like more information, this one-evening class will teach you what you need to know.</p> <p>We encourage a supportive family member to attend with you. You will both learn how to position your baby, how often to feed, how to enjoy the first few weeks, and most of all, how to best experience the special bonding and joy that comes from nursing your baby.</p>

<p>Life with Baby</p> <p>How to Navigate Through Your Baby's First Months</p>	<p>6pm-8:00pm Wednesday's</p> <p>January 11 February 8 March 8 April 12 May 10 June 14 August 9 September 13 October 11 November 8</p>	<p>Pre-registration is required.</p> <p>Cost is \$15 per family</p>	<p>This class combines Happiest Baby on the Block soothing methods with other basics of newborn care including bathing, cord and circumcision care, infant behavior, home safety, and coping.</p> <p>Ease the transition into parenthood with the skills learned in this 2-hour class. .</p>
<p>Pregnancy Expo</p>	<p>6pm-8pm</p> <p>February 22 May 24 August 30 November 16</p>	<p>Pre-registration is suggested; however, on-site registration is available.</p> <p>The fair is FREE of charge.</p>	<p>The purpose of the fair is to educate families on a variety of topics and resources available to you in our community to enhance your pregnancy journey.</p> <p>Topics include: fetal development, body changes and discomforts, nutrition, prenatal exercise, massage, car seat safety, lactation support, child care resources and referral services, safety, WIC, Ministry Dental, public health nurse services and Lamaze.</p> <p>There will be a short presentation at 6PM.</p>
<p>New Mom's Class</p>	<p>10:30-11:30</p> <p>Every Monday (Except on holidays)0</p>	<p>This class is FREE and no registration is required.</p>	<p>Meet and share your experiences with other new moms in our mother and baby support group. Led by a Registered Nurse/Lactation Consultant. A different topic will be discussed every week. Bring your baby (newborn to 6 months of age). A scale will be provided to weight your baby.</p> <p>Classes are held in the Garden Room off of the Cafeteria.</p>

For more information visit: [Ministry Health Birth classes.](#)

To register: call the Nurse Direct Line: 1-800-362-9900

Cost: Option to pay online with credit card, or bring cash, check or voucher to class. Refunds will be for medical reasons only

All classes are held at Ministry Saint Michael's Hospital located at 900 Illinois Avenue, Stevens Point, WI 54481.