

Prenatal Classes Saint Michael's Hospital 2018

| Class | Date and Time | Additional Information |
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| Birth Preparation | 9:00AM-4:30PM January 20, 2018 March 3, 2018 May 5, 2018 July 28, 2018 September 29, 2018 November 10, 2018 | One day class to learn about labor and delivery, comfort techniques and breathing strategies, tour of birthing room. Ideal times take class 6 to 8 weeks prior to due date. |
| Breast Feeding Class | 9:00AM-4:30PM January 3, 2018 February 7, 2018 March 7, 2018 April 11, 2018 May 9, 2018 June 6, 2018 August 1, 2018 September 5, 2018 October 10, 2018 November 7, 2018 | Both parents to attend class to learn about bonding and feeding after birth. Learn how to position, how often to feed, and returning to work. |
| Life With Baby | 6:00-8:00PM January 10, 2018 February 21, 2018 March 14, 2018 April 18, 2018 May 16, 2018 June 13, 2018 August 8, 2018 September 12, 2018 October 17, 2018 November 14, 2018 | Parents to learn basic newborn care including bathing, cord and circumcision care, infant behavior, home safety, safe sleep and coping. |
| Pregnancy Expo | Wednesday/Thursday 6:00-8:00PM March 28, 2018 June 20, 2018 October 24, 2018 | Learn about variety of topics and resources available to you in our community to enhance your pregnancy and newborn journey. |

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| New Mom's Class | Every Monday 10:30-11:30AM Except on Holiday's | After the baby is born time for mom and baby to have weight check and meet others. |
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**To sign up for classes visit ministryhealth.org/birthclasses
or call Nurse Direct at 800.362.9900**