

Prenatal Classes Ascension St. Michael's Hospital 2019

***Child Birth Preparation 1-day Saturday Class 9:00AM-4:30PM**

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.

January 12, 2019
March 16, 2019
May 18, 2019
July 20, 2019
September 21, 2019
November 23, 2019

***Breast feeding Class Wednesday's 6:00-8:30PM** 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.

January 16, 2019
March 6, 2019
May 1, 2019
July 10, 2019
September 11, 2019
November 6, 2019

***Life With Baby Wednesday's 6:00-8:00PM** Parents to learn basic newborn care including bathing, cord and circumcision care, infant behavior, home safety, safe sleep and coping.

January 23, 2019
March 13, 2019
May 8, 2019
July 17, 2019
September 18, 2019
November 13, 2019

***Pregnancy Expo Wednesday's 6:00-7:30PM** Learn about variety of topics and resources available to you in our community to enhance your pregnancy and newborn journey.

March 20, 2019 June 5, 2019 September 25, 2019

***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.

**To sign up for classes visit: healthcare.ascension.org/events
or Call Nurse Direct at 800.362.9900**