Childbirth Education classes for Jan-Jun 2017

To sign up for classes, please call 272-2245 and speak directly to WHC clinic staff

Sibling and Infant & Breast-feeding care classes

**Sibling classes:** Ages 5-12 only

This class covers: preparing children before the baby is born, while Mom is in the hospital and when the baby comes home. Model babies are used in addition to DVD and coloring book for instruction.

- Monday, January 30th
- Monday, February 6th
- Monday, March 20th
- Monday, April 17th
- Monday, May 1st
- Monday, June 12th

**Infant & Breast-feeding care classes:** This is a separate class designed more for parents who already have children and want an infant and breast-feeding care refresher.

Class topics include: diapering, bathing, sleeping, swaddling & sleep safety. Breast-feeding benefits, rooming-in, feeding on demand, feeding positions & latchment, breast care, formula risks & resources.

Pregnant patients and post-partum patients up to 3-months post-delivery time can take this class. First time parents taking the 6 week series or the condensed childbirth classes will receive infant and breast-feeding information as part of that class content.

- Monday, January 23rd
- Monday, February 20th
- Monday, March 27th
- Monday, April 24th
- Monday, May 8th
- Monday, June 26th

DC 11/21/16