



### Childbirth Education classes for 2017

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

Sibling and Infant & Breast-feeding care classes will be held at main Hospital, 2 ACC meeting room by snack bar

**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, July 17th

Monday, August 21nd

Monday, September 18th

Monday, October 23rd

Monday, November 20th

Monday, December 11th

**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, July 24th

Monday, August 28th

Monday, September 25<sup>th</sup>

Monday, October 30th

Monday, November 27th

Monday, December 18th

DC 4/27/17