

Beautiful BEGINNINGS

2018 Prenatal Education Schedule

HEALTHY PREGNANCY CLASS

This class helps ease the transition to parenthood for expectant mothers, their partner, and other family members. Topics include changes in early and mid-pregnancy; healthy lifestyle; coping with the discomforts of pregnancy; work-related issues; warning signs and other information to help you have a safe, healthy and worry-free pregnancy.

Tuesdays 6:00 PM - 8:00 PM

January 30 March 27 June 26
August 28 October 30

BREASTFEEDING CLASS

In this class, we will discuss the importance of breastfeeding, breast preparation, feeding techniques, and positioning options for mother and baby. We will provide tips on hand expression, breast pumps, collecting and storing milk, and breastfeeding after you have returned to work. Dads and support persons are encouraged to attend.

Mondays 6:00 PM - 8:00 PM

January 29 March 5 April 9
May 14 June 25 July 30
September 10 October 15 November 19



INFANT SAFETY CLASS

This class will include education on safety for your infant. Topics discussed will include car seat safety, childproofing your home and crib safety, as well as infant CPR. Anyone caring for your infant is encouraged to attend.

Mondays 6:00 PM - 8:00 PM

February 5	March 12	April 16
May 21	July 2	August 6
September 17	October 22	November 26

CHILDBIRTH PREPARATION CLASS

The childbirth class series provides detailed information about late pregnancy, preparing for labor and birth, how to know if you're in labor, the process of labor and birth, comfort measures, importance of early skin-to-skin contact, medications, anesthesia, variations (including cesarean delivery), newborn characteristics, and postpartum care while rooming in with your baby. A tour of labor and delivery and the mother/baby unit is included. Plan to attend four to six weeks before your due date. This class is a series held on three weekday evenings. Registration in this class is for the expectant mother and her support person.

Monday 6:00 PM - 8:00 PM

January 8, 15, 22
February 12, 19, 26
March 19, 26, April 2
April 23, 30, May 7
June 4, 11, 18
July 9, 16, 23
August 13, 20, 27
September 24, October 1, 8
October 29, November 5, 12
December 3, 10, 17

All classes are held in the Professional Office Building in Education Computer Lab at Arkansas Methodist Medical Center. Registration is required one week in advance of the class.

Call the AMMC Lactation Services Department at 870-239-7013
or e-mail baby@arkansasmethodist.org to register.



**Arkansas Methodist
Medical Center**
WOMEN'S SERVICES