

Childbirth, Breastfeeding & Newborn Care Classes 2020

Classes are free and open to anyone wanting to know more about becoming a parent. Partners and birth companions are welcome and encouraged to participate.

We recommend that you take classes during your last three months of pregnancy.

Classes will help give you the knowledge and confidence you need when having a baby.

- Understanding labor and birth.
- Easy ways to help labor and birth along.
- Comfort measures and medications.
- Preparing for the unexpected.
- Knowing when to go to the hospital.
- Caring for yourself after your baby is born.
- Help breastfeeding go well right from the start.
- Common breastfeeding challenges.
- Becoming a parent.
- Caring for your newborn.



Class Dates:

Access Community Health Centers Childbirth, Breastfeeding & Newborn Care Classes 2020

Class 1: Labor and birth.

Class 2: Breastfeeding and postpartum care.

Class 2: Newborn care.

Joyce & Marshall Erdman Clinic
2202 South Park Street
Thursdays, 5:30-7:30 pm

Jan	9, 16, 23
Mar	5, 12, 19
May	7, 14, 21
Jul	2, 9, 16
Sep	3, 10, 17
Nov	5, 12, 19

William T. Evjue Clinic
3434 E. Washington Ave.
Tuesdays, 5:30-7:30 pm

Feb	4, 11, 18
Apr	7, 14, 21
Jun	2, 9, 16
Aug	4, 11, 18
Oct	6, 13, 20
Dec	1, 8, 15

For more information or to register: (608) 443-5501

From our class participants:

"My husband wants to say, 'Thank you for the handouts.' Though he wasn't able to attend with me, he felt very included when he read about the labor partner notes."

"Everyone should take a class like this. Very important information."

All of our class participants say they would recommend this class to a friend.