

2020 Evening Class Schedule

UMC Family Birth Center Childbirth Education Class Schedule

Classes are **FREE** and available to UMC patients only

Register online @ <http://umchealthsystem.com/fbc-classregistration>, email at Melissa.perez@healthsystem.com or call Melissa at 775-8234.

Childbirth 101 Series is designed to meet the needs of first time parents wanting a complete series. This series covers the anatomy of childbirth, labor terms, stages of labor, pain management, when to come to hospital and much more. We will spend the last half hour practicing relaxation and breathing techniques. A hospital tour is included. We use Understanding Birth Guide as a teaching tool for this series.

This series is 4 weeks long, held on Monday evenings from 7-9pm.

January 6 th -27 th	July 6 th - 27 th
February 10 th – March 2 nd	August 3 rd – 24 th
March 23 rd – April 13 th	September 14 th – October 5 th
April 27 th – May 18 th	October 19 th – November 9 th
No June series	November 16 th - December 7 th

Natural Childbirth/Non- medicated births is designed for parents who are strongly considering natural non-medicated childbirth. The class is an open discussion on how to mentally, physically and emotionally prepare for a non-medicated birth. The class is taught by the UMC doula staff.

The class meets on the following dates from 7-9pm

Monday, February 3 rd	Monday, August 31 st
Monday, April 20 th	Monday, October 12 th
Monday, June 29 th	Monday, December 14 th

Relaxation & Breathing is two hours of relaxation & breathing techniques. Learn how to use breathing techniques to increase comfort and facilitate labor. This class is especially important if you are planning a natural non-medicated birth.

This class meets on the following days from 7-9pm.

Thursday, February 27 th	Thursday, August 27 th
Thursday, April 30 th	Thursday, October 29 th
Thursday, June 25 th	Tuesday, December 15 th

Breastfeeding Class is designed for parents interested in breastfeeding. Education includes benefits of breastfeeding, what to expect on day 1 and day 2, positioning & latch, and myths about breastfeeding and the importance of skin to skin. The class is taught by the UMC lactation educators.

The class meets the 1st Thursday of each month from 7-9pm

January 2 nd	April 2 nd	July 2 nd	October 1 st
February 6 th	May 7 th	August 6 th	November 5 th
March 5 th	June 4 th	September 3 rd	December 3 rd

Baby Care Basics is a newborn/infant care 2-part class series. The topics discussed; the first days of your newborns life, the importance of skin to skin, changing diapers, bathing, car seat safety, baby wearing, choosing a pediatrician, child proofing, pet safety and many more topics. This class is filled with great helpful tips and information for caring for your newborn.

It meets on two Thursdays from 7-9pm.

January 23 rd & 30 th	July 9 th & 16 th
February 13 th & 20 th	August 13 th & 20 th
No March series	September 10 th & 17 th
April 9 th & 16 th	No October series
May 14 th & 21 st	November 12 th & 19 th
June 11 th & 18 th	December 10 th & 17 th

Misc Information

Register online @ <http://umchealthsystem.com/fbc-classregistration> or email Melissa at melissa.perez@umchealthsystem.com or call Melissa at 775-8234.

Class size is limited, so please register early.

A few days before class starts, you will get a reminder email with the class information

Classes are for UMC patients only

Classes are held at **UMC-East Tower** (east of UMC hospital main entrance) 1st floor lobby

Thank you for choosing UMC