

## 2021 Evening Class Schedule

UMC Family Birth Center Childbirth Education Class Schedule

Classes are FREE and available to UMC patients only

To register, email at [Melissa.perez@healthsystem.com](mailto: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 4 <sup>th</sup> – 25 <sup>th</sup>  | July 5 <sup>th</sup> – 26 <sup>th</sup>      |
| February 1 <sup>st</sup> – 22 <sup>nd</sup> | August 9 <sup>th</sup> – 30 <sup>th</sup>    |
| March 1 <sup>st</sup> – 22 <sup>nd</sup>    | September 6 <sup>th</sup> – 27 <sup>th</sup> |
| April 5 <sup>th</sup> – 26 <sup>th</sup>    | October 4 <sup>th</sup> – 25 <sup>th</sup>   |
| May 3 <sup>rd</sup> – 24 <sup>th</sup>      | November 1 <sup>st</sup> – 22 <sup>nd</sup>  |
| No June series                              | December 6 <sup>th</sup> – 20 <sup>th</sup>  |

**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

|                                    |                                    |
|------------------------------------|------------------------------------|
| Tuesday, February 23 <sup>rd</sup> | Tuesday, August 31 <sup>st</sup>   |
| Tuesday, April 27 <sup>th</sup>    | Tuesday, October 26 <sup>th</sup>  |
| Tuesday, June 22 <sup>nd</sup>     | Tuesday, December 14 <sup>th</sup> |

**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 25 <sup>th</sup> | Thursday, August 26 <sup>th</sup>  |
| Thursday, April 29 <sup>th</sup>    | Thursday, October 28 <sup>th</sup> |
| Thursday, June 24 <sup>th</sup>     | Tuesday, December 21 <sup>st</sup> |

**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 1<sup>st</sup> Thursday of each month from 7-9pm

|                          |                       |                           |                          |
|--------------------------|-----------------------|---------------------------|--------------------------|
| January 7 <sup>th</sup>  | April 1 <sup>st</sup> | July 1 <sup>st</sup>      | October 7 <sup>th</sup>  |
| February 4 <sup>th</sup> | May 6 <sup>th</sup>   | August 5 <sup>th</sup>    | November 4 <sup>th</sup> |
| March 4 <sup>th</sup>    | June 3 <sup>rd</sup>  | September 2 <sup>nd</sup> | December 2 <sup>nd</sup> |

**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 14 <sup>th</sup> & 21 <sup>st</sup>  | July 15 <sup>th</sup> & 22 <sup>nd</sup>     |
| February 11 <sup>th</sup> & 18 <sup>th</sup> | August 12 <sup>th</sup> & 19 <sup>th</sup>   |
| No March series                              | September 9 <sup>th</sup> & 16 <sup>th</sup> |
| April 8 <sup>th</sup> & 15 <sup>th</sup>     | October 14 <sup>th</sup> & 21 <sup>st</sup>  |
| May 13 <sup>th</sup> & 20 <sup>th</sup>      | November 11 <sup>th</sup> & 18 <sup>th</sup> |
| June 10 <sup>th</sup> & 17 <sup>th</sup>     | December 9 <sup>th</sup> & 16 <sup>th</sup>  |

### Misc Information

You can register on at [melissa.perez@umchealthsystem.com](mailto: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) 1<sup>st</sup> floor lobby

Thank you for choosing UMC