

2023 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@umchealthsystem.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 if time allows. 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 9 th – 30 th	July 10 th – 31 st
February 6 th – 27 th	August 7 th – 28 th
March 6 th – 27 th	September 11 th – October 2 nd
April 3 rd -24 th	October 9 th -30 th
May 1 st -22 nd	November 6 th – 27 th
June 5 th - 26 th	December 4 th – 18 th (3 week series)

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 21 st	Tuesday, August 15 th
Tuesday, April 25 th	Tuesday, October 24 th h
Tuesday, June 20 th	Tuesday, December 12 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. The class is taught by the UMC doula staff.

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

Thursday, February 23 rd	Thursday, August 17 th
Thursday, April 27 th	Thursday, October 26 th
Thursday, June 22 nd	Tuesday, December 19 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 5 th	April 6 th	July 6 th	October 5 th
February 9 th	May 4 th	August 3 rd	November 2 nd
March 2 nd	June 1 st	September 7 th	December 7 th

Baby Care Basics is a newborn/infant care 2-part class series. The topics discussed; the first 24 hours, 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 in caring for your newborn.

It meets two Thursdays from 7-9pm.

January 12 th & 19 th	July 13 th & 20 th
No February class	August 24 th & 31 st
March 23 rd & 30 th	September 14 th & 21 st
April 13 th & 20 th	October 12 th & 19 th
May 11 th & 18 th	November 9 th & 16 th
June 8 th & 15 th	December 14 th & 21 st

Miscellaneous Information

You can register by emailing me 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