

## 2023 Childbirth Education Saturday Schedule

UMC Family Birth Center Childbirth Education Class Schedule

Classes are FREE and available to UMC patients only

Register for classes via email at

[Melissa.perez@umchealthsystem.com](mailto:Melissa.perez@umchealthsystem.com) or call Melissa at 775.8234

**Class size is limited so please register early.**

***Childbirth 101 Fast Track Series*** is a faster paced version of **Childbirth 101**. It 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.

**It meets 2 Saturdays from 9am- Noon**

January 21 <sup>st</sup> & 28 <sup>th</sup>	April 15 <sup>th</sup> & 22 <sup>nd</sup>	July 15 <sup>th</sup> & 22 <sup>nd</sup>	October 14 <sup>th</sup> & 21 <sup>st</sup>
February 11 <sup>th</sup> & 18 <sup>th</sup>	May 13 <sup>th</sup> & 20 <sup>th</sup>	August 12 <sup>th</sup> & 19 <sup>th</sup>	November 11 <sup>th</sup> & 18 <sup>th</sup>
March 11 <sup>th</sup> & 18 <sup>th</sup>	June 10 <sup>th</sup> & 17 <sup>th</sup>	September 16 <sup>th</sup> & 23 <sup>rd</sup>	December 9 <sup>th</sup> & 16 <sup>th</sup>

***Natural/Non- medicated childbirth and Relaxation & Breathing combination class*** 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. We will practice relaxation and breathing in this class as well. The class is taught by the UMC doula staff.

**This class meets on the following dates from 9am-Noon**

January 7 <sup>th</sup>	April 1 <sup>st</sup>	July 8 <sup>th</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 9 <sup>th</sup>	December 2 <sup>nd</sup>

**Baby Care Basics** is a newborn/infant care class. The topics discussed are the first few 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.

**This class meets on the following dates from 9am – noon**

February 25 <sup>th</sup>	July 29 <sup>th</sup>
April 29 <sup>th</sup>	September 30 <sup>th</sup>

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

**The class meets on the following Saturdays from 10am – 12pm (noon)**

March 25 <sup>th</sup>	August 26 <sup>th</sup>
June 24 <sup>th</sup>	October 28 <sup>th</sup>

### Misc. Information

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Register for classes online is not available at this time due to COVID. We have to limit the class size. Please call Melissa at 806.775.8234 or email at [melissa.perez@umchealthsystem.com](mailto:melissa.perez@umchealthsystem.com) to register for classes.

A few days before the class is due to begin, you will get a reminder email with the time, date, location, etc.

**Class size is limited, so please register early.**

**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 area, FBC Classroom

**Thank you for choosing UMC**