

2024 Childbirth Education Saturday Schedule

UMC Family Birth Center Childbirth Education Class Schedule

Register at UMCHEALTHSYSTEM.COM

The Maternity and Newborn classes tab

Or email Melissa.perez@umchealthsystem.com or call Melissa at 806. 775. 8234.

Classes are Free and available to UMC patients only

Space is limited to 12 couples per class

.

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- 12pm

January 20 th & 27 th	April 13 th & 20 th	July 13 th & 20 th	October 12 th & 19 th
February 10 th & 17 th	May 11 th & 18 th	August 10 th & 17 th	November 9 th & 16 th
March 23 rd & 30 th	June 8 th & 15 th	September 14 th & 21 st	December 7 th & 14 th

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-12pm

February 24 th	May 25 th	August 31 st	December 21 st
March 16 th	June 29 th	October 26 th	

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 dates from 9am – 12pm

January 6 th	April 6 th	August 3 rd	November 2 nd
February 3 rd	May 4 th	September 7 th	
March 9 th	June 1 st	October 5 th	

Breastfeeding Class is designed for parents planning to breastfeed. 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 dates from 10am -12pm

January 13 th	June 22 nd	September 28 th
March 2 nd	July 27 th	November 23 rd
April 27 th	August 24 th	

UMC Family Birth Center Childbirth Education Class Schedule

Register at UMCHEALTHSYSTEM.COM

The Maternity and Newborn Classes Sign Up tab

Or email Melissa.perez@umchealthsystem.com or call Melissa at 806. 775. 8234.

Classes are Free and available to UMC patients only

Class size is limited, so please register early.

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

Thank you for choosing UMC