

2026 Evening Class Schedule

UMC Family Birth Center Childbirth Education Class Schedule

Register at [UMCHEALTHSYSTEM.COM](https://umchealthsystem.com)

The Maternity and Newborn classes tab

Or email childbirthclasses@umchealthsystem.com or call Landa at 806. 775. 8234.

Classes are Free and available to UMC patients only

Class is limited to 12 couples

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 5 th – 26 th	August 3 rd – 24 th
February 2 nd - 23 rd	September 14 th – 28 th (3 week series)
March 23 rd – April 13 th	October 5 th -26 th
April 27 th – May 18 th	November 2 nd -16 th (3 week series)
June 1 st – 22 nd	November 30 th - December 14 th (3 week series)
July 6 th – 27 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

Tuesday, January 27 th	Tuesday, July 28 th
Tuesday, March 24 th	Tuesday, September 22 nd
Tuesday, May 26 th	Tuesday, December 8 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, January 29 th	Thursday, July 30 th
Thursday, March 26 th	Thursday, September 24 th
Thursday, May 28 th	Thursday, December 10 th

Child Safety Class: is designed for parents interested in infant safety procedures. Learn proper installation and use of infant car seats. Participants who need one may be eligible for a free car seat through the **Safe Riders Program**. *(Please note: this class is only for expecting parents. If you need car seats for other children, please call our car seat line at 806-761-0660 for assistance.)* Also, learn the basics of infant CPR, what to expect when calling 911, and how emergency dispatchers can guide you through urgent situations. This is an educational training only—no certification card will be issued, and there is no fee. This class provides valuable tools to help you feel confident and prepared for your baby's arrival.

The class meets the 2nd Wednesday of each month from 5:30-7:30 pm

January 14th	April 8 th	July 8 th	October 14 th
February 11 th	May 13 th	August 12 th	November 11 th
March 11 th	June 10 th	September 9 th	December 9 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 8 th (2nd Thursday)	April 2 nd	July 2 nd	October 1 st
February 5 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 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 15 th & 22 nd	July 16 th & 23 rd
February 12 th & 19 th	August 20 th & 27 th
March 12 th & 19 th	September 10 th & 17 th
April 9 th & 16 th	October 8 th & 15 th
May 14 th & 21 st	November 12 th & 19 th
June 18 th & 25 th	No December series

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

Miscellaneous Information

Thank you for choosing UMC