

Mid-pregnancy

Breastfeeding: \$25 per couple; 7-9 p.m.

Learn the advantages of breastfeeding and how to get off to a good start. This class meets one night a week for 2 weeks.

Monday: 3/6 & 3/13; 4/3 & 4/10; **Westside 13 & Tyler:** 6/5&6/12

Tuesday: 2/7 & 2/14; 6/20 & 6/27

Thursday: 5/25 & 6/1

Breastfeeding Saturdays: \$25 per couple; 9 a.m.-12 p.m.

Learn the advantages of breastfeeding and how to get off to a good start. This class meets one day for 3 hours.

Dates: 3/25, 4/1, 5/20, 6/17

Car Seat Checks:

Call 962-2105 for dates, times and location of car seat checks.

Westside 13th & Tyler: 10 a.m.-12 p.m.: 2/10, 2/24, 3/10, 4/7, 4/21, 5/5, 5/19, 6/2, 6/16, 6/30

BirthCare Center (3222 E. Murdock): 3-5 p.m.: 2/14, 2/28, 3/14, 3/28, 4/11, 4/25, 5/9, 5/23, 6/6, 6/20

Caring for Your Baby: \$25 per couple; 7-9 p.m.

Bathing, diapering, feeding, safety, child development, health and other practical information are included. This class meets one night a week for 2 weeks.

Monday: 3/20 & 3/27

Tuesday: 2/21&2/28

Wednesday: 6/21 & 6/28

Thursday: 4/20 & 4/27, 5/4 & 5/11

Caring for Your Baby Saturdays: \$25 per couple; 1:30-4:30 p.m.

Bathing, diapering, feeding, safety, child development, health and other practical information are included

Dates: 2/4, 3/25, 4/1, 5/20, 6/17

Childbirth Refresher:

For parents who have taken childbirth preparation previously, this class reviews the basics and presents ways to prepare your children for the new arrival. This class meets as needed. Call (316) 962-2290 to schedule a class.

CPR for Infants and Children: \$15 per person; 6:30-9:30 p.m.

This class can help you prevent accidents by "child proofing" your home. CPR training for infants and children is included.

Tuesday: 2/7, 2/14, 2/28, 3/14, 3/28, 4/4, 4/18, 5/9, 5/23, 6/6, 6/20

Thursday: Westside 13th & Tyler: 2/9, 2/23, 3/16, 3/30, 4/6, 4/20, 5/18, 6/22

The Dad's Class: \$15 per couple; 7-9 p.m.

Provides practical information for dads and their pregnant partners. Topics include the father's role during labor, financial and sexual concerns and preparation for going home after birth

Tuesday: 2/14, 3/6, 4/4, 5/2, 6/6

Tours at BirthCare Center: Tuesdays; 6:30-7:30 p.m.

Call (316) 962-2290 to schedule a tour or enroll online

Tours at Wesley Labor and Delivery: 12:30-1:30 p.m.

Tours are held twice a month on Saturdays

Dates: 2/11, 2/25, 3/11, 3/25, 4/8, 4/22, 5/6, 5/13, 5/20, 6/3, 6/17

VBAC (Vaginal Birth After Cesarean): Free; 7-9 p.m.

Topics include medical and emotional issues related to having a vaginal delivery after a cesarean birth and ways to enhance the birth experience.

Dates: 2/6, 4/6, 6/13