

# 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 two weeks.

**Mondays - Westside:** 1/7 & 1/14

**Thursdays:** 2/7 & 2/14

## **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 three hours.

**Saturdays:** 1/12, 2/2

## **Car Seat Checks:**

Call (316) 962-2105 for dates, times and locations of car seat checks

## **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 two weeks.

**Mondays:** 2/4 & 2/11

**Tuesdays:** 3/12 & 3/19

**Thursdays:** 1/24 & 1/31

## **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.

**Saturdays:** 1/12, 2/2

## **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.

**Tuesdays-INTRUST Learning Center:** 1/8, 1/22, 2/5, 2/19, 3/5, 3/19

**Thursdays-Westside:** 1/17, 2/28, 3/21

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

This class is designed for both parents. Through group discussion, both separately and collectively, the attendees will learn the qualities of a good father. They will explore ways for Dad to be a positive influence in their child’s life.

**Tuesday:** 2/5

**Wednesday:** 3/0

**Thursday:** 1/9

**Tours at Wesley Birth Care Suites: 6:30-7:30 p.m.**

**Tuesdays:** 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26

**Tours at Wesley Women's Hospital: 12:30-1:30 p.m.**

**Saturdays:** 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16, 3/23, 3/30

**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.

**Tuesday:** 1/8

**Monday:** 3/11