

# 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.

**Mondays:** 1/8 & 1/15; 4/16 & 4/23; 6/7 & 6/9

**Tuesdays:** 2/13 & 2/20; **Westside 13 & Tyler:** 3/6 & 3/13; 5/1 & 5/8

## **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:** 1/13, 2/13, 4/7, 5/5, 6/9

## **Car Seat Checks:**

Call (316) 962-2105 for dates, times and location 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 2 weeks.

**Mondays:** 2/19 & 2/26; 6/18 & 6/25

**Thursdays:** 1/18 & 1/25; 3/22 & 3/29; 4/19 & 4/26; 5/24 & 5/31

## **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

**Dates:** 1/13, 2/3, 3/3, 4/7, 5/5, 6/9

## **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:** 1/2, 1/16, 1/30, 2/13, 2/27, 3/13, 3/27, 4/10, 4/24, 5/8, 5/22, 6/5, 6/19

**Thursdays: Westside 13<sup>th</sup> & Tyler:** 1/4, 1/25, 2/22, 3/22, 4/19, 5/17, 6/14, 6/28

## **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:** 10/4, 11/2, 12/6, 1/17, 2/14, 3/14, 4/4, 5/2, 6/6

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

**Tuesdays:** 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/12, 6/19, 6/26

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

**Saturdays:** 1/6, 1/20, 1/27, 2/3, 2/17, 2/24, 3/10, 3/24, 4/7, 4/21, 4/28, 5/5, 5/19, 6/16, 6/23, 6/30 (Tour meets in INTRUST Learning Center)

**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.

**Monday:** 3/12

**Tuesday:** 5/8

**Thursday:** 1/4

**The Dad's Class: \$15.00 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.

**Tuesdays:** 1/23, 3/6, 5/8

**Wednesday:** 2/7

**Thursday:** 4/5