

PART 3: “Medicine Hat Baby Steps”

Part 3 (\$40) is attended with your baby, after he or she is born. This class focuses on early parenting and provides a weekly opportunity to discuss questions that you may have as a new parent with a Public Health Nurse and other new parents.

Each series consists of 6 weekly sessions. Some topics are facilitated by a Public Health Nurse and other topics are presented by guest speakers from our community. This class is flexible and very informal—we understand what it is like with a new baby! Join us, regardless of how late you are or if you are having a bad day!

Class Topics:

- Adjusting to Parenthood
- Infant Massage
- Caring for Your Baby
- Infant Safety
- Infant Sleep Patterns
- Mom’s Health
- Baby Wearing
- Brain Development
- Common Illnesses
- Nutrition (introducing solids)
- Childcare Options
- Growth and Development

If finances are a concern, please call us at 403-502-8215. You may qualify for FREE perinatal classes!



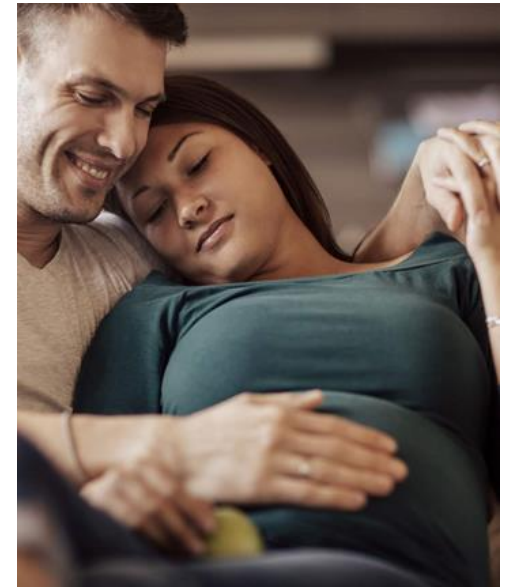
Please register online at:

www.ahs.ca/prenatal

(Select the “Course Registration Website” link, which is found under the “South Zone” tab)



Revised: Aug 20, 2019



Pregnancy, Birth, & Baby Classes



PART 1: "Medicine Hat Baby Building"

These classes are intended for the early stages of pregnancy—it's never too late but the sooner you can attend, the better!

The "Early Pregnancy" class is taught by a Registered Nurse. The "PN Nutrition" class is taught by a Registered Dietitian.

Classes are held on Monday evenings from 6:00 to 8:00 pm. Both Baby Building classes are FREE.

PART 1 – Medicine Hat Baby Building Class 1 Early Pregnancy

- Body Changes
- Warning Signs
- Emotional Changes
- Lifestyle Choices
- Routine Medical Tests
- Prenatal Exercise

PART 1 – Medicine Hat Baby Building Class 2 PN Nutrition

- Healthy Pregnancy Weight Gain
- Food Safety During Pregnancy
- Managing Nausea, Vomiting, Constipation, and Heartburn
- Vitamin and Mineral Needs

PART 2: "Medicine Hat Prenatal"

Part 2 (\$40) focuses on labour and delivery, but some information about newborn care and postpartum recovery is also included. It is usually attended in the later stages of pregnancy.

Each series consists of 4 weekly sessions, currently held from 6:00 to 8:00 pm on a weeknight. Feel free to bring snacks/supper to class if needed!

Each registration holds a spot for you and one support person of your choice, but you may also attend alone if you prefer!

PART 2 - Class 1: Labour and Delivery Process

- End of pregnancy
- Preterm Labour
- Pre-labour
- Stages of Labour
- When to go to the Hospital
- Medical Terminology

PART 2 - Class 2: Coping with Labour

- Comfort Techniques
- Labour Positions
- Pain Medications
- Medical Interventions
- Cesarean Birth
- Informed Decision Making

PART 2 - Class 3: Newborns

- Newborn Appearance
- Immediate Medical Procedures
- Crying
- Safe Infant Sleep
- Infant Feeding

PART 2 - Class 4: Postpartum Recovery & Hospital Information

- Physical Recovery
- Warning Signs
- Emotions
- Support & Healthy Habits
- Hospital Information

Please note: In all 3 parts of perinatal classes, the order of classes and topics is subject to change, dependent on presenter availability and class needs/preferences.