

Prenatal classes

Prenatal classes provide information about pregnancy, preparing for labour and delivery, postpartum recovery, and newborn care.

Learn through presentations, videos, and hands on activities.



- ✓ Evidence based information
- ✓ Friendly, judgment free environment
- ✓ Cost is \$40 per session, subsidies are available
- ✓ Delivered by a Registered Nurse

Postnatal classes

Also known as “Baby Steps” class - offers a group for new parents, along with their baby to gather, and talk about their new babies, and parenting.

Each week a guest speaker from AHS partners, or the community attend to answer questions and share what their programs have to offer.

Scan QR code to register



Registration website
app.univerusrec.com/southzone/ppnspub

Pregnancy, Birth and Baby Classes



**Primary Care
Alberta**



Prenatal Class

Prenatal classes provide information about pregnancy, preparing for labour and delivery, postpartum recovery, and newborn care.

Class 1: Labour and delivery process.

- End of pregnancy
- Preterm labour
- When to go to the hospital

Class 2: Coping with Labour

- Comfort techniques
- Labour positions
- Medical interventions

Class 3: Hospital information and infant feeding

- Infant feeding cues
- Breastfeeding
- Formula feeding

Class 4: Newborn care and postpartum recovery

- Immediate interventions
- Newborn appearance
- Bringing home baby

Postnatal/Baby Steps Group

Provides a weekly opportunity to discuss questions and experiences you are having as a new parent.

This group is flexible and informal - we understand how hard it is having a new baby!

What do we cover?

- Adjusting to Parenthood
- Navigating relationship changes
- Maternal mental health, physical health and nutrition
- Understanding what your baby is trying to tell you
- Information on infant sleep, car seats, infant safety, and starting solids
- Discussions about infant health, and common illnesses
- Other topics as needed by the group!



Class location and information

Location



Medicine Hat Community Health
2948 Dunmore Road SE,
Medicine Hat

Phone



403-502-8200

Website



www.ahs.ca/prenatal

Class dates and times

Prenatal weeknight sessions run as 4 Thursday evenings from 6:00-8:15pm

Prenatal Weekend sessions run as 2 weekend days from 9:00 am to 3:15pm

Postnatal/Baby steps group consists of 6 weekly sessions, on Wednesdays from 1:30-3:30 pm