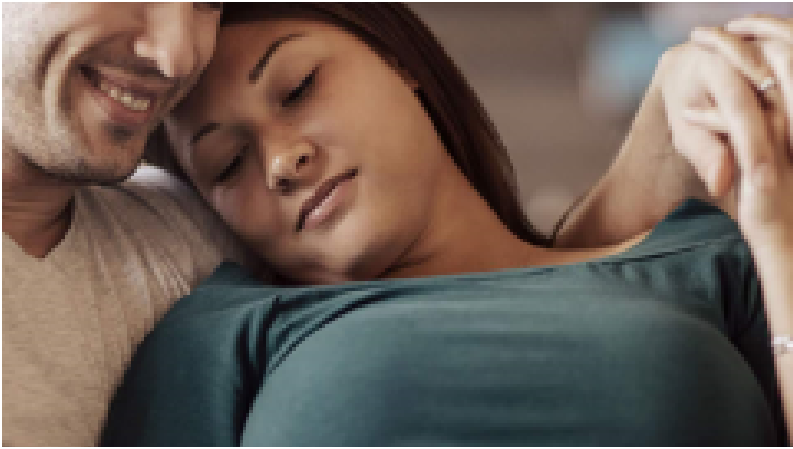


Pregnancy, Birth and Baby Classes



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, infant feeding

- Infant feeding cues
- Breastfeeding
- Formula feeding

■ **Class 4:** Newborn care, postpartum recovery

- Immediate interventions
- Newborn appearance
- Bringing home baby

Prenatal weeknight sessions run as 4
Thursday evenings from 6:00-8:15pm.
Weekend sessions run as 2 weekend days
from 9:00 am to 3:15pm



Registration website

[app.univerusrec.com/southzone
ppnspub](https://app.univerusrec.com/southzone/ppnspub)

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!

6 week series:

Wednesday afternoons 1:30 - 3:30



Class location and information



Location: Medicine Hat Community Health
2948 Dunmore Road SE, Medicine Hat



Phone: 403-502-8200



Website: www.ahs.ca/prenatal



**Primary Care
Alberta**