

PREGNANCY, BIRTH, & BABY CLASSES

PART 1:

Baby Building

Designed for the early part of pregnancy—the sooner, the better!

Topics covered:

- Prenatal Nutrition
- Body Changes
- Medical Tests
- Lifestyle Choices
- Emotional changes
- Signs of Preterm Labour



Classes fill up quickly so register early by visiting:

www.ahs.ca/prenatal

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

PART 2:

Medicine Hat Prenatal

Usually attended in later pregnancy.

Topics covered:

- Labour and Delivery
- Labour support
- Medical Interventions
- Caesarean birth
- Postpartum Recovery
- Newborn Care & Feeding
- Medicine Hat Hospital Information

PART 3:

Medicine Hat Baby Steps

Attend after your baby is born (bring your baby to class)

Available topics:

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