

2019 Prenatal Class Schedule

For ALL classes registration is required and can be made by calling **(877) 907-7642**.

For class availability, it is recommended to register for classes no later than your 5th month of pregnancy. Classes are held in the Merit Health Clinic building to the right of Woman's Hospital unless otherwise specified.

All classes are **FREE** for those delivering at Merit Health hospitals.

Weekday Childbirth Series

Three Tuesday nights 6-8:30

Class topics include pregnancy, labor and delivery, pain management during labor, infant care, post-partum care and provides a tour of the hospital in 3 week night classes.

January 8, 15, 22	July 2,9,16
February 5, 12, 19	August 6, 13, 20
March 5, 12, 19	September 3, 10, 17
April 2,9,16	October 1,8,15
May 7, 14, 21	November 5, 12, 19
June 4, 11, 18	

Weekend Childbirth Class

Friday 6-8:30, Saturday 9-3

Class topics include pregnancy, labor and delivery, pain management during labor, infant care, post-partum care and provides a tour of the hospital in a Friday night and Saturday weekend class.

February 22-23	August 23-24
April 26-27	October 25-26
June 28-29	December 13-14

Great Expectations Childbirth Class

Saturday 9-2

Class topics include anatomy, physiology and discomforts, breathing and relaxation, labor and delivery, Cesarean Sections and post partum, as well as a tour of the hospital.

January 26	July 13
March 23	September 7
May 18	November 2

Breastfeeding

Tuesday 6-8:30

Class topics include breast anatomy, milk production, positioning and latch, breastfeeding lifestyle. Both mothers and fathers are welcome to attend this class.

January 29	July 23
February 26	August 27
March 26	September 24
April 23	October 22
May 28	November 26
June 25	December 17

Car seat Safety Class

Saturday 10-11

Class will cover general and car seat safety. Car seats can be either checked for correct installation or installed by a Child Passenger Safety Technician.

February 2	August 3
April 6	October 5
June 1	December 7

Infant CPR

Monday 6-7:15 or 7:30-8:45

Class will teach the basics of infant CPR and Choking with hands on practice. Limited to 10 participants per class

January 14 or 28
February 11 or 25
March 11 or 25
April 8 or 22
May 13 or 20
June 10 or 24
July 8 or 22
August 12 or 26
September 9 or 23
October 14 or 28
November 4 or 18
December 2 or 16