

# **Xazini (Fall) Prenatal Class Schedule**

Tuesdays from October 7-November 25, 2025

**Week 1: Partners and Pregnancy**

**Week 2: Midwife Presentation**

- Birth Choices, Labour Prep & Due Dates

**Week 3: Midwife Presentation**

- Early Labour, Active Labour, Delivery and Coping & Pain Management

**Week 4: Midwife Presentation**

- Your Postpartum Body, Postpartum
- Preparation and Normal Baby Behavior

**Week 5: Lactation Consultant**

- Breast feeding

**Week 6: Immunization, NIHB & FN Health Liaison**

- Routine childhood vaccines
- NIHB and Band Coverage

**Week 7: Nutrition and Children's Oral Health**



Diganádàts'idinìdàlì



**Please call Karen at the Tsuut'ina Health Centre at 403-251-7575 to Register**