

Prenatal Class Schedule

Thursdays from Jan 23, 2025-March 6, 2025

Week 1: Partners and Pregnancy

Week 2: Lactation Consultant

- **Breast feeding and Other options**

Week 3: Midwife Presentation

- **Birth Choices, Labour Prep & Due Dates**

Week 4: Midwife Presentation

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

Week 5: Midwife Presentation

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

Week 6: Nutrition

- **Nutrition and Pregnancy**

Week 7: NIHB, Immunization

- **Routine childhood vaccines**
- **Coverage available through NIHB**

Winter

2025