

VIRTUAL

OCTOBER 2021

Childbirth and Breastfeeding Classes



TO REGISTER CALL: 920-869-4940

- **For due dates: late October 2021 through January 2022**
- **Support person encouraged to participate**
- **Participants encouraged to attend all three classes**
- **Need a cell phone, laptop or computer with internet**

Class 1: TUESDAY, OCTOBER 12TH, 2021 5:00pm-7:00pm

Topics: 3rd Trimester, Nutrition and Childbirth History
Normal Labor and Delivery (COVID precautions)
Labor Positions and Coping Methods
Labor Pain Medications and Procedures

Class 2: TUESDAY, OCTOBER 19TH, 2021 5:00pm-7:00pm

Topics: Postpartum Care (COVID precautions)
Infant Care (COVID precautions)

Class 3: TUESDAY, OCTOBER 26TH, 2021 5:00pm-7:00pm

Topics: Breastfeeding Basics (COVID precautions)