

# JULY 2022 Childbirth and Breastfeeding Classes at the Oneida Health Center

(If COVID restrictions go into effect classes will be virtual)



**TO REGISTER CALL: 920-869-4940**

- For due dates in August 2022 through October 2022
- Support person encouraged to attend
- Participants encouraged to attend all three classes

Instructors are lactation counselors: Oneida Prenatal Nurse Candi  
and Oneida WIC Dietitian Kelly

If class is virtual will need a cell phone, laptop or computer with internet

**Class 1:** **TUESDAY, JULY 12<sup>th</sup>, 2022** **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, JULY 19<sup>th</sup>, 2022** **5:00pm-7:00pm**

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

**Class 3:** **TUESDAY, JULY 26<sup>th</sup>, 2022** **5:00pm-7:00pm**

**Topics:** Breastfeeding Basics (COVID precautions)