

****UPDATED****

JULY 2024 Childbirth and Breastfeeding Classes at the Oneida Health Center

*For due dates: late July 2024 through early October 2024

*Additional class to practice labor positions and infant cares

*Support person encouraged to attend all classes



CLASS TIMES: 5:00pm to 7:30pm

Tuesday, July 16th	Tuesday, July 23th	Tuesday, July 30rd	Tuesday, August 5th
<u>What will happen during labor and delivery:</u> <ul style="list-style-type: none">• Labor Process• Non-medicated pain relief methods• Labor pain medications and procedures	<u>What will happen after delivery:</u> <ul style="list-style-type: none">• Cares after delivery for mom and baby• Infant behaviors and nutrition	<u>Hands on activities for labor pain and how to care for baby:</u> <ul style="list-style-type: none">• Practice labor positions and breathing• Practice infant cares	<u>Information to help prepare for breastfeeding:</u> <ul style="list-style-type: none">• Myths and facts• Feeding frequency• Breastmilk supply• Correct latch• Common challenges• Pumping breastmilk

TO REGISTER or QUESTIONS CALL: 920-869-4885