PART 3: “Baby Steps”

Part 3 ($30) is attended with your baby, after he or she is born. This class focuses on early parenting and provides a weekly opportunity to discuss questions that you may have as a new parent with a Public Health Nurse and other new parents.

Each series consists of 6 weekly sessions. Some topics are facilitated by a Public Health Nurse and other topics are presented by guest speakers from our community. This class is flexible and very informal—we understand what it is like with a new baby! Join us, regardless of how late you are or if you are having a bad day!

Class Topics:
- Adjusting to Parenthood
- Infant Massage
- Caring for You and Your Baby
- Infant Safety
- Infant Sleep Patterns
- Sex, Love, and Babies
- Baby Wearing
- Brain Development
- Common Illness
- Nutrition
- Childcare Options
- Growth and Development

Classes fill up quickly so register early by calling:
403-502-8215

Please have your Alberta Health Care number available when you call.

If finances are a concern, please call us at 403-502-8215. You may qualify for FREE perinatal classes.

Revised: May 15, 2018
PART 1: "Baby Building"

These classes are intended for the early stages of pregnancy—it’s never too late but the sooner you can attend, the better!

The ‘Healthy Eating’ class is taught by a Registered Dietician. The ‘Understanding Pregnancy’ class is taught by a Registered Nurse.

Classes are held on Monday evenings from 6:00 to 8:00 pm. Both classes are free.

PART 1 – Class 1: 
Healthy Eating
• Healthy Pregnancy Weight Gain
• Food Safety During Pregnancy
• Managing Nausea, Vomiting, Constipation, and Heartburn
• Vitamin and Mineral Needs

PART 1 – Class 2: 
Understanding Pregnancy
• Body Changes
• Common Concerns
• Warning Signs
• Emotional Changes
• Lifestyle Influences
• Medical Tests

PART 2: “Labor & Delivery”

Part 2 ($45) focuses on labor and delivery, but some information about the newborn and postpartum is also included. It is usually attended in the third trimester of pregnancy.

You will be placed in a 2 or 4 class series according to when your baby is due and your preference between evening or weekend classes.

During the week there are a total of 4 two hour evening classes held from 6:00 to 8:00 pm (bring snacks/supper if needed). Evening classes are held on Wednesdays or Thursdays.

Weekend classes consist of 2 four hour classes from 9:00 am to 1:30 pm. There will be a 30 minute lunch break and you are encouraged to bring a bagged lunch. Each weekend class is held on a Saturday and Sunday.

PART 2 - Class 1: 
Labor and Delivery Process
• Preterm Labor
• Pre-labor
• Stages of Labor
• When to go to the Hospital
• Medical Terminology

PART 2 - Class 2: 
Coping with Labor
• Comfort Techniques
• Labor Positions
• Pain Medications
• Medical Interventions
• Cesarean Birth

PART 2 - Class 3: 
Newborns
• Newborn Appearance
• Immediate Medical Procedures
• Crying
• Safe Infant Sleep
• Infant Feeding

PART 2 - Class 4: 
Postpartum & Hospital Tour
• Physical Recovery
• Warning Signs
• Emotions
• Support & Healthy Habits
• Family Planning
• Hospital Tour

NOTE: In all 3 parts of perinatal classes, the order of classes and topics is subject to change, dependent on presenter availability and class needs/preferences.