PREGNANCY, BIRTH, & BABY CLASSES

PART 1: Baby Building
Designed for the early part of pregnancy—the sooner, the better!
Topics covered:
- Prenatal Nutrition
- Body Changes
- Medical Tests
- Lifestyle Choices
- Emotional changes
- Signs of Preterm Labour

PART 2: Labour & Delivery
Usually attended in the 3rd trimester. A hospital tour is included and topics covered are:
- Labour and Delivery
- Medical Interventions
- Recovery and Postpartum
- Newborn Care
- Infant feeding

PART 3: Baby Steps
Attend after your baby is born (bring your baby to class)
Available topics:
- Adjusting to Parenthood
- Infant Sleep Patterns
- Common Illness
- Brain Development
- Infant Massage
- Caring for You and Your Baby
- Infant Safety
- Sex, Love, and Babies
- Baby Wearing
- 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.