

Getting
ready for....



L

BABY

I

F

E

Having a baby is about so much more than childbirth! At SCCH, we offer FREE baby prep classes to help you be prepared for LIFE with baby....not just the birth!

Preconception

5/13/23
11/11/23

10am-2pm

This class is for mothers or couples who are planning to get pregnant for the 1st, 3rd, or even 5th time! Preconception classes emphasize the importance of pre-pregnancy preparation to help ensure a healthy baby and mother!

Topics Include: folic acid counseling; importance of birth spacing to health of mother, baby, family; benefits of physical activity on physical and mental health; genetic screenings; sexually transmitted infection (STI) screening; blood pressure and body weight impact on mother and baby; tracking cycles to optimize possibility of natural conception.

Childbirth

6/3/23 10/14/23
8/12/23 12/9/23
2/10/24

10am-2pm

This class helps mothers and her support people prepare for the various stages of the birth process as well as how to take care of mother and baby when released from the hospital.

Topics Include: the birth process; labor signs; pharmacologic and nonpharmacologic pain management options; positioning during labor; Cesarean birth; tour of labor department and equipment demonstrations; car seat basics, breastfeeding basics, prenatal and postpartum nutrition basics, safe sleep practices, kick counts, after-birth contraception, future birth spacing

Breastfeeding

7/8/23
1/13/24

10am-2pm

Breast milk is recommended as the best choice for mother and baby; however, that doesn't mean it is always easy--or possible. In this class, learn why mothers should make this a priority for their newborns--and how support people can help!

Topics Include: benefits to mother and baby; preparation for breastfeeding; proper nutrition during breastfeeding; proper latching; breastfeeding norms; troubleshooting common breastfeeding issues; safe milk storage; breast pump basics; community breastfeeding resources; meet & greet your SCCH breastfeeding consultants

Parenting

9/16/23
3/9/24

10am-2pm

After childbirth, the next phase of caring for baby begins! In this class, mothers and caregivers take a deep dive into caring for a newborn baby!

Topics Include: safe feeding practices; infant bathing and hygiene; childhood vaccinations; parent self-care; childcare safety; car seat safety and installation, safe sleep practices; infant and child nutrition basics; mental health resources, more.

Call 812.268.4311 ext. 2485 to register!

All classes are held in the SCCH Large Conference Room and include FREE lunch!

Door prizes given at every class. Complete all four classes (in any order) and enter to win HUGE prizes!

Strollers
Diaper Bags

Car Seats
Breast Pumps

Personal Training & Nutrition
Coaching (\$2500 value)

and
MORE!