

Prenatal classes

Prenatal classes offered

Childbirth education

Learn about the stages of labor, comfort techniques, medical procedures, pain management, vaginal and cesarean birth and postpartum care.

Breastfeeding support

Learn positioning, proper latching, feeding patterns, signs your baby is getting enough milk, breast care and helpful hints for a successful breastfeeding experience. Breast pumps, breastmilk storage and returning to work will also be covered.

Understanding your newborn

This class teaches baby care for the first six weeks and beyond. Newborn appearance, behaviors, crying, comforting, diapering, bathing, health and safety topics will be covered.

Infant CPR and home safety

Accidents are the leading cause of injury or death in infants and children. This class provides preventive information. Topics include: choking rescue and CPR for infant ages 0-12 months, car seat safety, safe sleep, and other home safety topics.

Contact

ascension.org/events

Online registration is required.

In person and virtual classes are available.



**Ascension
St. Elizabeth
Hospital**

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