

MOMMY WELLNESS

Be Prepared For Parenthood

ThedaCare offers in-person, virtual and self-paced at home/online education. Choose what is right for you!

Childbirth Preparation:

- In-person: One-day express or 4 week class
- Virtual: 2 hour session
- Self-paced at home/online education

Breastfeeding Preparation:

- In-person: 2 hour class
- Virtual: 1 hour class
- Self-paced at home/online education
- Berlin, Shawano and Waupaca residents: one-on-one session with a lactation consultant

Understanding Your Newborn Preparation:

- Does this Baby come with a Handbook (virtual)
- Grandparent 101 (virtual and in-person)
- Self-Paced at home/online education

Understanding Your Multiples:

- Self-paced at home/online education

For description of the classes and to register, go to thedacare.org. Click on *Services > Women's Health* and scroll to the bottom for *Classes*.

At ThedaCare, we realize you have a choice where you deliver. To schedule a Family Birth Care tour at Appleton, Neenah or Shawano, go to thedacare.org, select Services > Women's Health and scroll down to classes.

Note: to view a virtual tour of Neenah or Appleton Family Birth Care, use QR codes.

Note: hover your phone in camera mode



Appleton



Neenah

Any questions you may have about the Family Birth Care or financial assistance for classes, please contact Tricia Miller at (920) 454-2572 or tricia.miller@thedacare.org.