

Sunday, January 19

- From Bump to Baby Childbirth Class - 2:00pm
-

From Bump to Baby Childbirth Class

Time: 2:00pm

This class will be taught by NAMC Labor & Delivery and Nursery staff and cover the basic information to help parents mentally and emotionally prepare for the arrival of their new little one. Topics include stages of labor & delivery, common interventions, coping with fear and anxiety and how to care for your newborn once you get home. A tour of the Women and Children's Center will also be given during this class.

This class is FREE! Class size is limited. Each attendee is allowed to bring one adult support person.

It is best to schedule your childbirth class early in your 3rd trimester (between 27-32 weeks)