



"Becoming a Mom"

Session 1

Prenatal Care:

What to expect from your prenatal care-ask questions & get answers to all your concerns

Session 2

Pregnancy Health:

Learn how stress, certain foods and many other things can affect your pregnancy

Session 3

Preterm Labor:

Signs and symptoms of preterm labor & why the last weeks of pregnancy matter

Session 4

Infancy Feeding Basics:

Infant feed/breastfeeding basics. What to expect and how to overcome problems with breastfeeding, even for the experienced breastfeeding mom

Session 5

Newborn Care:

Infant Care, Happiest Baby on the Block, Period of Purple Crying, SIDS Risk Reduction

Session 6

Postpartum Recovery:

Postpartum Recovery and Interconception Health. Regaining health between pregnancies



NEWMAN
REGIONAL HEALTH

BECOMING A MOM 2019 CLASS SCHEDULE

Feel free to join us for any session during any class

CLASS A	8-Jan	Session 1	6-8p
	15-Jan	Session 2	6-8p
	22-Jan	Session 3	6-8p
	29-Jan	Session 4	6-8p
	5-Feb	Session 5	6-8p
	12-Feb	Session 6	6-8p

CLASS B	5-Mar	Session 1	6-8p
	12-Mar	Session 2	6-8p
	19-Mar	Session 3	6-8p
	26-Mar	Session 4	6-8p
	2-Apr	Session 5	6-8p
	9-Apr	Session 6	6-8p

CLASS C	30-Apr	Session 1	6-8p
	7-May	Session 2	6-8p
	14-May	Session 3	6-8p
	21-May	Session 4	6-8p
	28-May	Session 5	6-8p
	4-Jun	Session 6	6-8p

CLASS D	25-Jun	Session 1	6-8p
	2-Jul	Session 2	6-8p
	9-Jul	Session 3	6-8p
	16-Jul	Session 4	6-8p
	23-Jul	Session 5	6-8p
	30-Jul	Session 6	6-8p

CLASS E	20-Aug	Session 1	6-8p
	27-Aug	Session 2	6-8p
	3-Sep	Session 3	6-8p
	10-Sep	Session 4	6-8p
	17-Sep	Session 5	6-8p
	24-Sep	Session 6	6-8p

CLASS F	15-Oct	Session 1	6-8p
	22-Oct	Session 2	6-8p
	29-Oct	Session 3	6-8p
	5-Nov	Session 4	6-8p
	12-Nov	Session 5	6-8p
	19-Nov	Session 6	6-8p

Classes held at Emporia State University Newman Division of Nursing
1127 Chestnut Street Emporia, Kansas

Questions email Heather Aylward: HAYLWARD@NEWMANRH.ORG

Sign up at providers office or online at:

[HTTPS://WWW.NEWMANRH.ORG/SERVICES/#WOMENS-LIFE-CENTER](https://www.newmanrh.org/services/#womens-life-center)