



# "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 2021 CLASS SCHEDULE

Feel free to join us for any session during any class

## CLASS A

5-Jan	Session 1	6-8p
12-Jan	Session 2	6-8p
19-Jan	Session 3	6-8p
26-Jan	Session 4	6-8p
2-Feb	Session 5	6-8p
9-Feb	Session 6	6-8p

## CLASS B

2-Mar	Session 1	6-8p
9-Mar	Session 2	6-8p
16-Mar	Session 3	6-8p
23-Mar	Session 4	6-8p
30-Mar	Session 5	6-8p
6-Apr	Session 6	6-8p

## CLASS C

27-Apr	Session 1	6-8p
4-May	Session 2	6-8p
11-May	Session 3	6-8p
18-May	Session 4	6-8p
25-May	Session 5	6-8p
1-Jun	Session 6	6-8p

## CLASS D

22-Jun	Session 1	6-8p
29-Jun	Session 2	6-8p
6-Jul	Session 3	6-8p
13-Jul	Session 4	6-8p
20-Jul	Session 5	6-8p
27-Jul	Session 6	6-8p

## CLASS E

17-Aug	Session 1	6-8p
24-Aug	Session 2	6-8p
31-Aug	Session 3	6-8p
7-Sep	Session 4	6-8p
14-Sep	Session 5	6-8p
21-Sep	Session 6	6-8p

## CLASS F

12-Oct	Session 1	6-8p
19-Oct	Session 2	6-8p
26-Oct	Session 3	6-8p
2-Nov	Session 4	6-8p
9-Nov	Session 5	6-8p
16-Nov	Session 6	6-8p

Classes held at Newman Regional Health, Newman Conference Center  
1201 W. 12<sup>th</sup> Ave., Emporia, Kansas

Enter through the Emergency Room at Entrance H

Questions: [HAYLWARD@NEWMANRH.ORG](mailto:HAYLWARD@NEWMANRH.ORG)

Sign up online at: [WWW.NEWMANRH.ORG/BAM](http://WWW.NEWMANRH.ORG/BAM)