



"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

Providing Group Education Sessions to all Pregnant Patients!

When are they?

Sessions are Tuesday evenings from 6pm to 8pm. Ask your provider for a schedule.

Come learn and earn.

free gifts for attending.

Gifts include diapers and other baby items!

Attend Sessions & Receive Free Products!

Attend 4 or 5 sessions and receive free diaper products.

Attend 6 sessions and receive a baby safe gift.

Prenatal Education

Being pregnant and having a new baby is a wonderful experience, yet it can be scary, too! Whether you are experiencing a pregnancy for the first or fourth time, each experience is different and can create new challenges and concerns. The more you can learn with each pregnancy, the better you will be able to care for yourself and your baby, and the healthier you both will be.

Group Sessions will help you:

- Interact with other pregnant women
- Share your experiences and concerns
- Learn more about common pregnancy experiences

Brought to you by the following organizations:



How to Enroll

Contact today to register for
"Becoming a Mom" classes
Visit: www.newmanrh.org/BAM
Call: 620-343-6800 x24499
Email: BAM@newmanrh.org



"Becoming a Mom"

