

2021 MATERNITY CLASSES



Virtual Prepared Childbirth Classes

Saturday class: 10 AM - Noon

Dates: 1/9, 2/6, 3/6, 4/10, 5/8, 6/12, 7/10, 8/7, 9/11, 10/2, 11/6, 12/4

This class is designed to prepare you and your family for the delivery of your baby. Hospital nurses will help you learn the labor experience, become informed of the choices you have for birth and creating the best experience for you and your baby. Whether you desire a natural birth or choose medication, you will learn the risks and advantages to consider in planning to do birth “your way”. Couples will be taught coping skills to assist with the discomfort of labor and will be given a tour of the Blessed Beginnings unit. You will learn about the process of labor, common medical interventions, c-sections, and the characteristics of the normal newborn. Our goal is to give families the information they need to formulate a plan for labor and to reduce the anxiety of being in the hospital.

Recommended for women in their 3rd trimester.

Registration

All classes will be instructed virtually through Microsoft Teams. To register, please visit events.blessinghealth.org or call **217.223.8400, ext. 5901**.



Virtual Prenatal Breastfeeding Class

Evening class from 7 - 8:30 pm

Dates: 1/25, 2/22, 3/29, 4/26, 5/24, 6/28, 7/26, 8/30, 9/27, 10/25, 11/29, 12/27

This class will get expectant parents ready for a successful breastfeeding experience. Our certified lactation consultant reviews proper positioning and how to tell if baby is getting enough milk. Other areas of feeding concerns are addressed such as returning to work and using a breast pump.

Class is recommended for women in their 6-7 month of pregnancy.



Breastfeeding Support Group

Thursday Mornings 10 am - Noon

Tuesday Evenings 4:30 - 6:30 pm

*Class held at 1107 College
(Bariatric Center Classroom)*

This group meets twice a week for moms and babies to have the opportunity to meet in a relaxed and supportive environment. A board-certified lactation consultant is at each meeting and a baby scale is available for an infant weight check. In addition to working directly with our lactation experts, attendees find support in connecting with other new and breastfeeding moms.

FOR MORE INFORMATION, CALL
217.223.8400 x 5901

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