

UMMC Women's Care

# Prenatal Classes

- What to Expect
- Childbirth Preparation
- Lamaze
- Newborn Care
- Infant CPR
- Breastfeeding



2018  
Class Schedule



All classes are FREE.  
Registration is required.

## What to Expect

Congratulations, you're expecting! This class is for women in the first trimester of pregnancy. There are big changes coming your way, and we want to help you be prepared. Learn about the changes you will experience throughout your pregnancy as well as comfort measures and strategies for a healthy pregnancy and new beginning for your little one.

**Classes held in Wisser Hospital room W020 from 10:00 - 11:00 am.**

Jan 17

Apr 18

Aug 15

## Childbirth Preparation

Learn about and prepare for labor and birth. Topics include labor and delivery, pain management, infant feeding, and postpartum care.

**Classes held in Wisser Hospital room W020.**

**Thursday evenings from 6:00 - 9:00 pm.**

Jan 18

Jun 7

Dec 13

Feb 22

Sep 20

May 24

Oct 18

**Saturday mornings from 9:00 am - noon.**

Mar 24

Nov 10

Jul 28

## Lamaze

Lamaze, taught by certified Lamaze instructors, provides a more extensive look at pregnancy and birth. Classes also cover car seat safety, safe sleep, and safe prenatal exercise tips. Classes are held four consecutive weeks on Tuesday evenings.

**Classes held in Wisser Hospital room W020 from 6:00 - 9:00 pm.**

Apr 3-24

Aug 7-28

For more information and to register, call 601.984.BABY  
or visit [umc.edu/prenatalclasses](http://umc.edu/prenatalclasses).

## Newborn Care/Infant CPR

This class is designed to give new parents confidence to care for a new baby. Taught by American Heart Association instructors, CPR Anytime® teaches correct CPR for infants. Basic infant care, normal newborn characteristics and behaviors, and common parental concerns are also covered.

**Classes held in Wiser Hospital room W020 from 9:00 am - 12:30 pm.**

Jan 27  
Apr 7

July 14  
Oct 13

## Breastfeeding

This class is for mothers planning to breastfeed and those considering it. The class covers the advantages of breastfeeding for mother and baby, tips for a successful breastfeeding experience, breastfeeding techniques, and pumping and storing milk. There is also a time for discussion of common concerns of breastfeeding parents.

**Classes held in Wiser Hospital room W020.**

**Wednesday afternoons from 12:30 - 1:30 pm.**

Jan 3  
Feb 7  
Apr 4

May 2  
Jun 6  
Aug 1

Sep 5  
Oct 3  
Dec 5

**Saturday afternoons from 1:00 - 2:00 pm.**

Mar 24

Jul 28

Nov 10

### Breastfeeding Support Group

A monthly breastfeeding support group is also available for mothers. The group meets the third Wednesday of every month from 2:00 - 3:00 pm. Meetings are held in Wiser Hospital room W548. Registration is not required. For more information, call 601.984.BABY.

# Wiser Hospital Tours

The more familiar you are with your surroundings, the less intimidating labor will be. Find out where to enter the hospital when you arrive, where to park, and where to check in. View a typical combination labor and birth room and a postpartum room. Hospital tours are also a part of our Childbirth Preparation and Lamaze classes.

**Tours begin at noon. Meet in the Wiser lobby.**

Jan 10

May 16

Sep 12

Mar 7

Jul 11

Nov 7

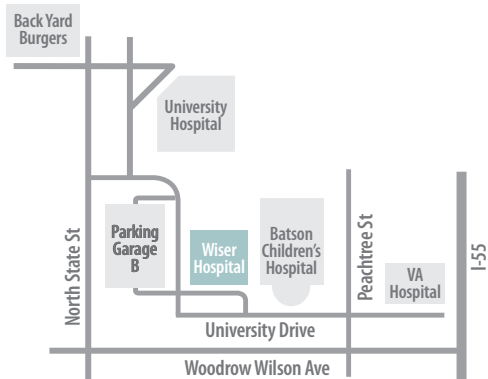
## Wiser Hospital for Women and Infants

### Address:

2500 N. State St.  
Jackson, MS 39216

### Nearest parking:

Garage B



**Directions:** From North State Street, turn onto campus from the stoplight at University Drive (across from Back Yard Burgers). Turn right. At the stop sign, turn left to continue on University Drive. Parking Garage B is on the right.

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or visit [umc.edu/prenatalclasses](http://umc.edu/prenatalclasses).



Designated  
2017 - 2022

Baby Friendly USA, Inc. has designated the University of Mississippi Medical Center as a Baby-Friendly birth facility.