

University Women's Care

# Prenatal Classes

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



2017  
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 and begin at 10:00 am.**

Jan 18  
Apr 19

Aug 16  
Dec 20

## Childbirth Preparation

Learn about and prepare for labor and birth. The first class is Friday night from 6:00–9:00 pm, and class two is Saturday morning from 9:00 am–noon. Topics include labor and delivery, relaxation techniques, pain management, infant feeding, and postpartum care.

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

Feb 10 & 11  
Mar 3 & 4  
Apr 7 & 8

May 5 & 6  
Jul 14 & 15  
Aug 4 & 5

Sep 15 & 16  
Nov 10 & 11  
Dec 15 & 16

## Lamaze

Lamaze, taught by certified Lamaze instructors, provides a more extensive look at pregnancy and birth. It also includes 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 and begin at 6:00 pm.**

Jan 10–31  
Jun 6–27

Oct 3–24

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

## Newborn Care

This class is designed to give the new parent confidence to care for a new baby. Basic infant care, normal newborn characteristics and behaviors, and common parental concerns are covered in this two-hour class.

**Classes held in Wiser Hospital room W020 and begin at 10:00 am.**

Apr 22	Aug 26
Jul 22	Dec 9

## Infant CPR

Taught by American Heart Association instructors, Family & Friends® CPR teaches correct CPR for infants. Great for parents, grandparents, and sitters.

**Classes held in Wiser Hospital room W020 and begin at 1:00 pm.**

Apr 22	Aug 26
Jul 22	Dec 9

## Breastfeeding

This class is for parents 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 and begin at 12:30 pm unless otherwise noted.**

Jan 4	May 6 (1:00 pm)	Sep 6
Feb 1	Jun 7	Oct 4
Mar 4 (1:00 pm)	Jul 15 (1:00 pm)	Nov 11 (1:00 pm)
Apr 5	Aug 2	Dec 6

# 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.

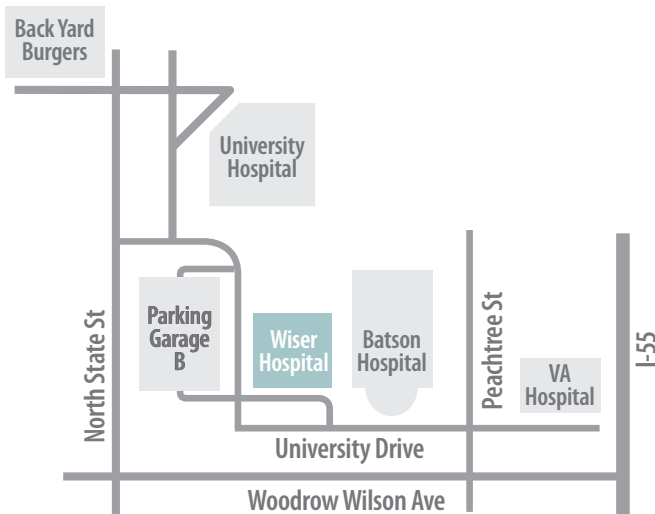
Jan 18	Apr 12	Jul 12	Oct 11
Feb 8	May 10	Aug 9	Nov 8
Mar 8	Jun 7	Sep 13	Dec 6

## Wiser Hospital for Women & 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.



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