

Attend before you become pregnant or anytime during your pregnancy:

### **Nutrition Class: Starting Off Healthy**

- Discuss foods and nutrients needed for pregnancy
- Healthy weight gain tips
- Food demonstration and tasting

Attend in your second or early third trimester:

### **1. Delivering Your Baby**

- Normal changes in 3<sup>rd</sup> trimester
- The stages of labour and birth
- When to go to the hospital
- Role of the support person

### **2. Meeting Your Baby**

- Decision making in labour & delivery
- When things don't go as planned
- What to expect after delivery
- Getting to know your newborn

### **3. You and Your New Baby**

- Feeding your baby
- Learning to breastfeed
- Understanding and responding to your baby

### **Registration information**

Registration is *required* to attend all classes.

To find a class near you call toll free:  
**1-855-554-4774**

Or contact your local Community Health Centre. To find the Community Health Centre nearest you visit [www.ahs.ca](http://www.ahs.ca) or call Health Link at 811.

### **Nutrition Class:**

Free to attend, registration required.

### **Classes 1-3:**

**The Baby Bundle of Classes 1-3** is \$60 (individual classes are \$20) which includes yourself and your support person.

*\*If finances are a concern please mention at time of registration for additional options.*

### **Health Link**

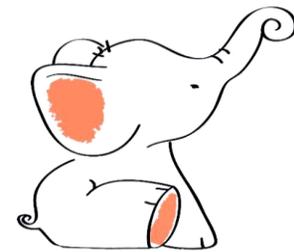
For health information and advice 24 hours a day, seven days a week, call Health Link toll-free: **811**



November 2016



# **So You're Having a Baby!**



**Public Health Prenatal Education Classes**

## ***Congratulations!***

Prenatal education classes can answer many of your questions and provide valuable information about pregnancy, birth and the first few weeks of life with your new baby.

## **Class 1: Delivering Your Baby**

Your body will go through many changes during pregnancy. Knowing what to expect and trusting your body will help build your confidence and prepare you for this experience. Join our class as we learn about the process of labour and birth, ways to work with your body's natural instincts and many helpful coping and comfort strategies.

## **Class 2: Meeting Your Baby**

During your labour, your health care provider may suggest one or more medical procedures to help you and your baby. The benefits and risks of some procedures (i.e. caesarian section) are provided in this class. So your baby is born! Now what? This class will also cover the first 24-48 hours after delivery.

## **Class 3: You and Your New Baby**

During your first few days and weeks after giving birth, you will be learning many things and be going through lots of changes. This class offers tips on adjusting to life with your new baby. Specific information about breastfeeding and infant feeding will be covered in this class.

## **Nutrition Class: Starting off Healthy**

Come early in your pregnancy to give your baby the best start! The foods you eat before and during pregnancy help your body and nourish your baby. This fun and interactive class will offer suggestions about key foods and nutrients needed during pregnancy. Healthy weight gain tips and considerations will be discussed. This class also includes a food demonstration and tasting. Partners and/or support persons are welcome to attend.

Registered Dietitians will facilitate the Nutrition Class, all other classes will be facilitated by Registered Nurses.

We look forward to meeting you in class!

For more information on pregnancy  
& birth visit:

**Healthy Parents Healthy Children**

Healthy Parents Healthy Children Book sets available at your Community Health Centre or can viewed online at:

[www.healthyparentshealthychildren.ca](http://www.healthyparentshealthychildren.ca)

Free online classes are available at  
[www.birthandbabies.com](http://www.birthandbabies.com)

Prenatal education can improve the health of your baby and increase your confidence, which may make labour and birth easier. You'll also have a better idea of what to expect.

## **Benefits of attending classes:**

In addition to offering a variety of important information and useful tips to support you, you will be able to ask questions and receive current and trusted health information, as well as have opportunities to interact with other parents.

- Classes are open to pregnant women and their partners and/or, support persons
- Classes are interactive and include a variety of learning materials including video illustrations
- Content links with Healthy Parents Healthy Children, an Alberta-based resource

