

## 2025 Evening Class Schedule

UMC Family Birth Center Childbirth Education Class Schedule

Register at [UMCHEALTHSYSTEM.COM](http://UMCHEALTHSYSTEM.COM)

The Maternity and Newborn classes tab

Or email [Melissa.perez@umchealthsystem.com](mailto:Melissa.perez@umchealthsystem.com) or call Melissa at 806. 775. 8234.

Classes are Free and available to UMC patients only

Class is limited to 12 couples

**Childbirth 101 Series** is designed to meet the needs of first time parents wanting a complete series. This series covers the anatomy of childbirth, labor terms, stages of labor, pain management, when to come to hospital and much more. We will spend the last half hour practicing relaxation and breathing techniques. A hospital tour is included if time allows. We use Understanding Birth Guide as a teaching tool for this series.

**This series is 4 weeks long, held on Monday evenings from 7-9pm.**

January 6 <sup>th</sup> – 27 <sup>th</sup>	August 4 <sup>th</sup> – 25 <sup>th</sup>
February 3 <sup>rd</sup> - 24 <sup>th</sup>	September 8 <sup>th</sup> – 29 <sup>th</sup>
March 24 <sup>th</sup> – April 14 <sup>th</sup>	October 6 <sup>th</sup> -27 <sup>th</sup>
April 28 <sup>th</sup> – May 19 <sup>th</sup>	November 3 <sup>rd</sup> -17 <sup>th</sup> (3 week series)
June 2 <sup>nd</sup> – 23 <sup>rd</sup>	December 1 <sup>st</sup> -15 <sup>th</sup> (3 week series)
July 7 <sup>th</sup> – 28 <sup>th</sup>	

**Natural Childbirth/Non- medicated births** is designed for parents who are strongly considering natural non-medicated childbirth. The class is an open discussion on how to mentally, physically and emotionally prepare for a non-medicated birth. The class is taught by the UMC doula staff.

**The class meets on the following dates from 7-9pm**

Tuesday, January 28 <sup>th</sup>	Tuesday, July 29 <sup>th</sup>
Tuesday, March 25 <sup>th</sup>	Tuesday, September 23 <sup>rd</sup>
Tuesday, May 20 <sup>th</sup>	Tuesday, December 9 <sup>th</sup>

**Relaxation & Breathing** is two hours of relaxation & breathing techniques. Learn how to use breathing techniques to increase comfort and facilitate labor. This class is especially important if you are planning a natural non-medicated birth. The class is taught by the UMC doula staff.

**This class meets on the following days from 7-9pm.**

Thursday, January 30 <sup>th</sup>	Thursday, July 31 <sup>st</sup>
Thursday, March 27 <sup>th</sup>	Thursday, September 25 <sup>th</sup>
Thursday, May 22 <sup>nd</sup>	Thursday, December 11 <sup>th</sup>

**Breastfeeding Class** is designed for parents interested in breastfeeding. Education includes benefits of breastfeeding, what to expect on day 1 and day 2, positioning & latch, and myths about breastfeeding and the importance of skin to skin. The class is taught by the UMC lactation educators.

The class meets the 1<sup>st</sup> Thursday of each month from 7-9pm

January 9 <sup>th</sup>	April 3 <sup>rd</sup>	July 10 <sup>th</sup> ( 2 <sup>nd</sup> Thursday)	October 2 <sup>nd</sup>
February 6 <sup>th</sup>	May 1 <sup>st</sup>	August 7 <sup>th</sup>	November 6 <sup>th</sup>
March 6 <sup>th</sup>	June 5 <sup>th</sup>	September 4 <sup>th</sup>	December 4 <sup>th</sup>

**Baby Care Basics** is a newborn/infant care 2-part class series. The topics discussed; the first 24 hours, the importance of skin to skin, changing diapers, bathing, car seat safety, baby wearing, choosing a pediatrician, child proofing, pet safety and many more topics. This class is filled with great helpful tips and information in caring for your newborn.

It meets two Thursdays from 7-9pm.

January 16 <sup>th</sup> & 23 <sup>rd</sup>	July 17 <sup>th</sup> & 24 <sup>th</sup>
February 13 <sup>th</sup> & 20 <sup>th</sup>	August 21 <sup>st</sup> & 28 <sup>th</sup>
No March series	September 11 <sup>th</sup> & 18 <sup>th</sup>
April 10 <sup>th</sup> & 17 <sup>th</sup>	October 9 <sup>th</sup> & 16 <sup>th</sup>
May 8 <sup>th</sup> & 15 <sup>th</sup>	November 13 <sup>th</sup> & 20 <sup>th</sup>
June 12 <sup>th</sup> & 19 <sup>th</sup>	No December series

### Miscellaneous Information

Register at [UMCHEALTHSYSTEM.COM](http://UMCHEALTHSYSTEM.COM) - look for the Maternity and Newborn classes tab

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Class size is limited, so please register early.

A few days before class starts, you will get a reminder email with the class information

Thank you for choosing UMC