

2025 Childbirth Education Saturday Schedule

UMC Family Birth Center Childbirth Education Class Schedule

Register at UMCHEALTHSYSTEM.COM

The Maternity and Newborn classes tab

Or email Melissa.perez@umchealthsystem.com or call Melissa at 806. 775. 8234.

Classes are Free and available to UMC patients only

Space is limited to 12 couples per class

Childbirth 101 Fast Track Series is a faster paced version of **Childbirth 101**. It 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. We use Understanding Birth Guide as a teaching tool for this series.

It meets 2 Saturdays from 9am- 12pm

January 11 th & 18 th	April 5 th & 12 th	July 12 th & 19 th	October 4 th & 11 th
February 8 th & 15 th	May 3 rd & 10 th	August 2 nd & 9 th	November 1 st & 8 th
March 8 th & 15 th	June 7 th & 14 th	September 6 th & 13 th	December 6 th & 13 th

Natural/Non- medicated childbirth and Relaxation & Breathing combination class 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. We will practice relaxation and breathing in this class as well. The class is taught by the UMC doula staff.

This class meets on the following dates from 9am-12pm

February 1 st	June 21 st	October 18 th
April 26 th	August 23 rd	December 20 th

Baby Care Basics is a newborn/infant care class. The topics discussed are the first few days of your newborns life, 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 for caring for your newborn.

This class meets on the dates from 9am – 12pm

January 4 th	June 21 st	September 27 th
February 22 nd	August 16 th	November 15 th
March 1 st		

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

The class meets on the following dates from 10am -12pm

January 25 th	July 26 th	October 25 th
March 29 th	September 20 th	November 22 nd
May 17 th		

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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