### 2025 Evening Class Schedule

### UMC Family Birth Center Childbirth Education Class Schedule

### Register at UMCHEALTHSYSTEM.COM

### The Maternity and Newborn classes tab

### Or email Landa.Dixon3@umchealthsystem.com or call Landa 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 6th – 27th  | August 4th – 25th  |
| February 3rd- 24th  | September 8th – 29th  |
| March 24th – April 14th  | October 6th -27th  |
| April 28th – May 19th  | November 3rd-17th (3 week series)  |
| June 2nd – 23rd  | December 1st -15th (3 week series) |
| July 7th – 28th  |  |

**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**

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| --- | --- |
| Tuesday, January 28th  | Tuesday, July 29th |
| Tuesday, March 25th  | Tuesday, September 23rd |
| Tuesday, May 20th  | Tuesday, December 9th |

**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 30th  | Thursday, July 31st  |
| Thursday, March 27th  | Thursday, September 25th  |
| Thursday, May 22nd  |  Thursday, December 11th  |

**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 1st Thursday of each month from 7-9pm**

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

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

 **Miscellaneous Information**

### Register at UMCHEALTHSYSTEM.COM - look for the Maternity and Newborn classes tab

### Or email Landa.dixon3@umchealthsystem.com or call Landa at 806. 775. 8234.

### Classes are Free and available to UMC patients only

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**