### 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 Landa.Dixon3@umchealthsystem.com or call Landa at 806. 775. 8234.

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

### Space is limited to 12 couples per class

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### 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

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

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

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

**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

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

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### 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**