

Free Prenatal Classes



Simply Baby - 2018 Group Schedule

January 16 th , 2018	Tues.	4pm-6pm	Session 1
January 23 rd , 2018	Tues.	4pm-6pm	Session 2
January 30 th , 2018	Tues.	4pm-6pm	<u>Session 3</u>
February 6 th , 2018	Tues.	4pm-6pm	Session 4
February 13 th , 2018	Tues.	4pm-6pm	Session 5
February 20 th , 2018	Tues.	4pm-6pm	Session 6

All Classes, **EXCEPT CLASS 3**, will be held at the Clay County Health Department located at 820 Spellman Circle, Clay Center, Kansas.

Class 3 will be held at Clay County Medical Center located at 617 Liberty Street, Clay Center Kansas. Enter the North Side of building and classes will be held in Conference Room A, above the Wellness Center.

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| <p>Session 1 – Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy</p> <p>Session 2 – Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy</p> <p>Session 3 – Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter</p> <p>Session 4 – Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom</p> <p>Session 5 – Infant Care / <i>Happiest Baby on the Block</i> / <i>Period of Purple Crying</i> / SIDS Risk Reduction/ Safe Car Seat Installation</p> <p>Session 6 –Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies</p> |
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