

Look What You'll Earn



Attend 6 Group Sessions and Choose One Item Above



Attend 5 Group Sessions and Choose One Item Above



Attend 4 Group Sessions and Choose One Item Above



Plus, if you attend your prenatal visit AND the prenatal education classes you will receive FREE diapers and wipes

“Becoming a Mom” has been made possible by the following community agencies:

Clay County Perinatal Coalition



Clay County Health Department

Public Health
Prevent. Promote. Protect.

Washington County Health Dept.



Clay Center Family Physicians

Special Delivery LLC.

Infant Toddler Services



Washington County Community Foundation
An affiliate of the Washington County Community Foundation



Parents as Teachers.



Clay Center Community Improvement Foundation

Resource Counsel



“BECOMING A MOM”

Healthy Moms-Healthy Babies



Free Prenatal Education Classes

“Becoming a Mom”

Free Pregnancy Classes

- Learn More About Having a Healthy Pregnancy and Baby
- Receive Free Prizes
- Group Setting to Connect with other Pregnant Mothers and Families
- Share Your Experiences and Concerns
- Learn about Community Organizations and Programs



Being Pregnant and having a baby is an exciting experience, yet it can be scary too!

WHAT YOU’LL LEARN

Session 1: Keeping Healthy During Pregnancy-Common Discomforts-Dental Health

Session 2: Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy

Session 3: Signs & Symptoms of Preterm Labor-Preeclampsia-Labor and Delivery- True vs. False Labor-Why the Last Weeks of Pregnancy Matter

Session 4: Infant Feeding-Breastfeeding- Breastfeeding Positions-Breastfeeding Complications

Session 5: Infant Care-Period of Purple Crying-Happiest Baby on the Block- SIDS Risk Reduction-Safe Car Seat Installation

Session 6: Postpartum Recovery-Birth Control- Health Between Pregnancies



Goal

Our goal is to teach women about having a healthy pregnancy, create a supportive environment that promotes healthy behaviors and help participants overcome barriers.



Signing Up is Easy and Free!

Contact The Clay County Health Department at **785.632.3193** to register.

Location

All classes are held at the Clay County Health Department.