

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

"Simply Baby" 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



Washington County Community Foundation



Parents as Teachers.

Infant Toddler Services



Clay Center Community Improvement Foundation

Resource Counsel



Simply Baby Prenatal Classes

Healthy Moms-Healthy
Babies



Free Classes

“Simply Baby”

March of Dimes, “*Becoming a Mom*” curriculum will be used to improve the health of infants by preventing birth defects, premature birth, and infant mortality.

- 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



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

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 (except class #3) will be held at the Clay County Health Department. Class # 3 will be at the Clay County Medical Center.