



Prenatal & Breastfeeding Classes

2025

BREASTFEEDING BASICS (6p-8:30p)

- January 9th (Thurs)
- March 11th (Tues)
- May 8th (Thurs)
- July 8th (Tues)
- September 11th (Thurs)
- November 11th (Tues)

Topics Include: Benefits of Breastfeeding, Proper Latch and Positioning, Normal Process of Milk Production, Newborn Feeding Patterns, Common Breastfeeding Concerns, Expressing/Storing Breastmilk, and Returning to Work. Class Specific Information: Class recommended between 26-32 weeks. Attendance with a support person highly recommended and encouraged. No cost to attend. Class Location: Simulation Lab Classroom, 1st Floor, Support Wing.

NEWBORN CARE AND SAFETY (6p-8:30p)

- January 14th (Tues)
- March 18th (Tues)
- May 13th (Tues)
- July 15th (Tues)
- September 16th (Tues)
- November 18th (Tues)

Topics Include: Newborn Characteristics, Bathing, Diapering, Safe Sleep, Sudden Infant Death Syndrome (SIDS), Shaken Baby Syndrome, Baby Proofing, Car Seat Safety, Infant CPR/Choking (no certification), Feeding, Swaddling, When to Know If Your Baby Is Sick, and What to Expect During Your Hospital Stay. Class Specific Information: Class recommended between 26-32 weeks. Attendance with a support person is highly recommended and encouraged. No Cost to attend. Class Location: Simulation Lab Classroom, 1st Floor, Support Wing.

PREPARING FOR BIRTH AND BEYOND - 2 PART CLASS SERIES (6p-8:30p)

- February 4th & 11th (Tues)
- April 8th & 15th (Tues)
- June 10th & 17th (Tues)
- August 12th & 19th (Tues)
- October 14th & 21st (Tues)
- December 9th & 16th (Tues)

Topics Include: Preterm/Braxton Hicks Contractions, Stages and Phases of Labor, Breathing and Relaxation Techniques, Comfort Measures During Labor, Medical Interventions/Epidurals, C-Section Overview, Postpartum Care, and Contraception. Class Specific Information: Class recommended between 26-32 weeks. Attendance with a support person is highly recommended and encouraged. No cost to attend. Class Location: Simulation Lab Classroom, 1st Floor, Support Wing.

UNIT TOURS (6p-6:45p)

- February 11th (Tues)
- April 15th (Tues)
- June 17th (Tues)
- August 19th (Tues)
- October 21st (Tues)
- December 16th (Tues)

Class Specific Information: Tours will meet in the main hospital lobby at 6 p.m. and are included in the prenatal class series. Separate registration is not required for those attending prenatal classes. You do not have to enroll in the prenatal series to attend a unit tour. Registration is required to attend a unit tour and may be subject to change. A support person is encouraged to attend. Class Location: Meet in the hospital main lobby before 6 p.m. Tours will begin promptly at 6 p.m.

To register, e-mail Kristina Lynch at lynchk@acmh.org or call 724-545-3582. Class sizes are limited. Register early to save a seat for you and a support person.

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