

FMCH BirthPlace Prenatal Education Classes

The BirthPlace offers a series of prenatal education classes for expectant parents to help answer your questions and prepare you for the changes ahead. All educational classes are free of charge and designed for both the mother and her partner or support person. Classes are held at Fort Madison Community Hospital.

2020 BIRTHPLACE PRENATAL EDUCATION CLASS SCHEDULE

Pre-Registration is Required By Calling 319-376-BABY (2229) or go to www.fmchosp.com - under Upcoming Events.

CLASS	DATES & TIMES OFFERED	
<p>PREPARED CHILDBIRTH (1-DAY CLASS)</p> <p>This class offers the same topics as the 3-part Prepared Childbirth course but in a special one-day session. It is offered during the last trimester. This class will prepare mom and her partner for the birth experience. Topics include: relaxation, breathing, pain control, labor & delivery, C-Section, mom & baby care and breastfeeding. A tour of The BirthPlace is included.</p> <p>Lunch is provided. Please make certain to call and pre-register so that our lunch numbers are correct.</p>	<p>CLASS 1: Saturday, January 11 9:00 a.m. to 3:30 p.m. FMCH Conference Rooms</p>	<p>CLASS 2: Saturday, March 14 9:00 a.m. to 3:30 p.m. FMCH Conference Rooms</p>
	<p>CLASS 3: Saturday, April 14 9:00 a.m. to 3:30 p.m. FMCH Conference Rooms</p>	<p>CLASS 4: Saturday, July 11 9:00 a.m. to 3:30 p.m. FMCH Conference Rooms</p>
	<p>CLASS 5: Saturday, August 29 9:00 a.m. to 3:30 p.m. FMCH Conference Rooms</p>	<p>CLASS 6: Saturday, October 3 9:00 a.m. to 3:30 p.m. FMCH Conference Rooms</p>
	<p>PREPARED CHILDBIRTH (3-SESSION CLASS SERIES)</p> <p>This is a three session class series that is offered during the last trimester. Participants will attend all the session dates listed in the series. This class covers the same topics as the one-day class but over three class sessions. A tour of The BirthPlace is included.</p>	
	<p>SERIES 1: Monday, February 3, 10, 17 6:00 to 8:30 p.m. FMCH Conference Rooms</p>	<p>SERIES 2: Monday June 1, 8, 15 6:00 to 8:30 p.m. FMCH Conference Rooms</p>
	<p>SERIES 3: Monday November 2, 9, 16 6:00 to 8:30 p.m. FMCH Conference Rooms</p>	

See Back for Other Classes



FMCH BirthPlace Prenatal Education Classes

2020 BIRTHPLACE PRENATAL EDUCATION CLASS SCHEDULE

Pre-Registration is Required By Calling 319-376-BABY (2229) or go to
www.fmchosp.com - under Upcoming Events.

CLASS	DATES & TIMES OFFERED	
<p>SIBLING CLASS (1-DAY CLASS) This class is offered to you during your last trimester for your children ages 3 to 12 years-old. The class is meant to help children adjust and prepare for the new baby.</p>	<p>CLASS 1: Monday, February 24 6:00 to 7:00 p.m. FMCH BirthPlace</p> <p>CLASS 3: Monday, November 23 6:00 to 7:00 p.m. FMCH BirthPlace</p>	<p>CLASS 2: Monday, June 22 6:00 to 7:00 p.m. FMCH BirthPlace</p>
<p>BREASTFEEDING CLASS (1-DAY CLASS) This is a one-day class and is open to expectant mothers in their last trimester. This class will help to prepare mom and her partner for breastfeeding and will also offer support for mom when she begins to breastfeed.</p> <p>Topics include: Benefits of breastfeeding, techniques, troubleshooting, and a question/answer time.</p>	<p>CLASS 1: Monday, March 2 6:00 to 8:30 p.m. FMCH Conference Rooms</p> <p>CLASS 3: Monday, August 10 6:00 to 8:30 p.m. FMCH Conference Rooms</p>	<p>CLASS 2: Monday, May 4 6:00 to 8:30 p.m. FMCH Conference Rooms</p> <p>CLASS 4: Monday, October 5 6:00 to 8:30 p.m. FMCH Conference Rooms</p>
<p>Mommy & Baby Gear Fair The Mommy & Baby Gear Fair was conceived with new and expectant parents in mind but anyone wanting to see first-hand what is new in the world of baby gear is welcome to attend.</p>	<p>Saturday, June 13 9:00 am - 11:00 am FMCH Conference Rooms</p>	

