

# Prenatal Education Classes

MCH Conference room (Medical Office Building)

## December 6, 2018

- 8:00 Traditional Education (Culture Enrichment)
- 10:00 Breastfeeding your newborn
- 1:00 Traditional Education (Culture Enrichment)
- 2:00 Stages of Labor
- 3:00 Breast best, LATCH!

## December 13, 2018 (MCH Conference RM215/2<sup>nd</sup> floor)

- 9:00 Breastfeeding your newborn
- 11:00 PN Oral Health
- 11:30 Mom's In Motion @Wellness Center
- 2:00 Newborn Care (Healthy Newborn Video)
- 3:00 Breast is best, LATCH!

## December 20, 2018

- ~~8:00 Traditional Education (Culture Enrichment)~~
- 10:00 Breastfeeding you newborn
- 11:00 Prenatal Nutrition
- ~~1:00 Traditional Education (Culture Enrichment)~~
- 2:00 Stages of Labor
- 3:00 Breast is best, LATCH!



## December 27, 2018 (MCH Conference RM215/2<sup>nd</sup> floor)

- 8:00 Traditional Education (Culture Enrichment)
- 10:00 Breastfeeding your newborn
- 11:30 Mom's In Motion @Wellness Center
- 1:00 Traditional Education (Culture Enrichment)
- 2:00 Breast is best, LATCH!
- 3:00 Newborn Care (Healthy Newborn Video)

CAR SEAT information call the Safety program at (928) 289-4646

QUESTIONS CALL NOREEN KING AT (928) 289-6265

OR THE BREASTFEEDING HOTLINE (928) 386 – 3439

Planning and preparing for your baby arrival, get the most out of your prenatal care