

Prenatal Education Classes

MCH Conference room (Medical Office Building)

January 3, 2019

8:00	Traditional Education/Culture Enrichment
10:00	Breastfeeding your newborn
1:00	Traditional Education/Culture Enrichment
2:00	Stages of Labor
3:00	Breastfeeding is you newborn

January 10, 2019 (MCH Conference RM215/2nd floor)

9:00	Breast is best, LATCH!
10:00	Mom's In Motion @Wellness Center
11:00	PN Oral Health
2:00	Newborn Care (Healthy Newborn Video)
3:00	Breast is best, LATCH!

January 17, 2019

10:00	Breastfeeding your newborn
11:30	Prenatal Nutrition
2:00	Stages of Labor
3:00	Breastfeeding your newborn

January 24, 2019 (MCH Conference RM215/2nd floor)

8:00	Traditional Education/Culture Enrichment
10:00	Breast is best, LATCH!
10:00	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
THE BREASTFEEDING HOTLINE (928) 386 – 3439

Revised 01/14/19 nk

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