

Prepared Childbirth

Prepared Childbirth classes are offered monthly. Each session provides information regarding:

- Signs of labor
- What to expect in labor
- Comfort measures
- Options for pain relief
- Early postpartum cares
- Newborn care and routines
- And much more!

Classes should be attended during the last eight weeks of pregnancy.

"I'm so glad I took this class! It explained a lot that I was feeling anxious about."

"The instructor was relatable, engaging, and comforting. Thank you!"

Prepared Childbirth Class Schedule:

Classes are from 9:00 a.m. to 4:00 p.m. at Health Center - Riverside.

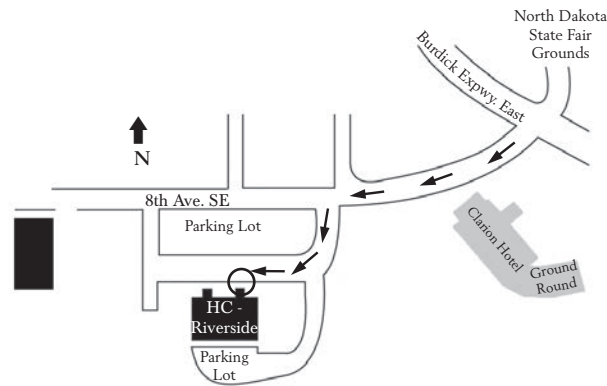
January 2	May 8	September 11
February 6	June 12	October 9
March 13	July 10	November 13
April 10	August 14	December 11

Instructors:

Danica Schaefer, MSN, RN, and Diane Sjol MSN, RN, have both been RNs for 20 years, specializing in labor and delivery and care of mother/baby couplets. They enjoy helping new parents learn about the process of birth and what to expect during their transition to parenthood. Their goal is to share information, eliminate fear, help you make informed decisions, and have fun!

Class Location

Health Center – Riverside is located at 1900 8th Avenue SE. Travel east from the Hospital to the ND State Fairgrounds. At the lights by the Fairgrounds' entrance, go south on 8th Avenue SE approximately one block. Enter from the north side of the building, east door.



One Burdick Expressway West
Minot, North Dakota 58701

trinityhealth.org

117025-142 Rev 10-20

Trinity Health Prepared Childbirth & Breastfeeding Basics 2021



Online registration can be completed at:
<https://www.trinityhealth.org/services/womens-health/>

For more information call:
701-857-2352 or toll free 1-800-862-0005
Monday – Friday, 8:00 a.m. to 3:30 p.m.



Family Birth Center Tours

Tours of the Family Birth Center are available every Sunday at 2:30 p.m. and Tuesday at 7:30 p.m., except holidays. Registration is not required.

Instructors

- Amanda Bekkedahl, RN, CLC
- Laureen Klein, BSN, RN, CLE
- Amanda Lovro, ADN, CLC
- Danica Schaefer, MSN, RN
- Diane Sjol MSN, RN

Preparing is Caring

Breastfeeding classes are free of charge.

Prepared Childbirth classes are free of charge to parents delivering their baby at Trinity Hospital Family Birth Center. There is a charge if delivering at an outside facility.

For more information call:
701-857-2352 or toll free 1-800-862-0005
Monday – Friday, 8:00 a.m. to 3:30 p.m.

Breastfeeding Basics

Breastfeeding Basics is an opportunity to learn all things breastfeeding. Topics covered include feeding positions, proper latch, skin-to-skin contact, signs baby is getting enough to eat, and more! We encourage you to attend the class prior to delivery; however, this class is also available to women who have recently delivered. Classes are free of charge.

“Amazing class! I have a lot more confidence to feed my newborn.”

“So much great information! Laureen was knowledgeable and kind.”

Breastfeeding Basics Class Schedule:

Classes are from 6:00 to 8:00 p.m. at Health Center - Riverside.

January 14	May 13	September 9
February 11	June 10	October 14
March 11	July 8	November 18
April 8	August 12	December 9

Instructor:

Amanda Bekkedahl, RN, CLC, has been a registered nurse since 2014, specializing in mother/baby couplet care. She became a certified lactation counselor in 2015 and enjoys assisting new mothers achieve their feeding goals. Amanda is passionate about breastfeeding and hopes to educate, encourage, and support women to feel confident and comfortable in their breastfeeding journey.

Laureen Klein, BSN, RN, CLE, has been a registered nurse since 1978 and has over 38 years of experience working in the Nursery and Neonatal Intensive Care Unit. She has been a certified lactation educator since 1995. Laureen wants breastfeeding to be a successful and enjoyable experience for new mothers.

Instructor:

Amanda Lovro, ADN, CLC, has been a registered nurse since 2015. She cares for mothers and babies in the postpartum setting, and more recently, in the Neonatal Intensive Care Unit. She obtained CLC certification in 2017 and enjoys helping mothers be successful in their breastfeeding journey.

“I learned a lot! Thank you for offering this class!”

“The instructor was very knowledgeable and open to answering questions.”

Online registration can be completed at:

<https://www.trinityhealth.org/services/womens-health/>

