

## Breast Is Best Support Group:

Breast is Best Support Group (BIBS) is an interactive and supportive group guided by moms and facilitated by Trinity Health’s International Board Certified Lactation Consultant and Certified Lactation Counselors.

The group meets at Magic Bean Brewing Co. in The Foundry the third Tuesday of each month from 12:00 to 1:00 p.m.

## Family Birth Center Tours

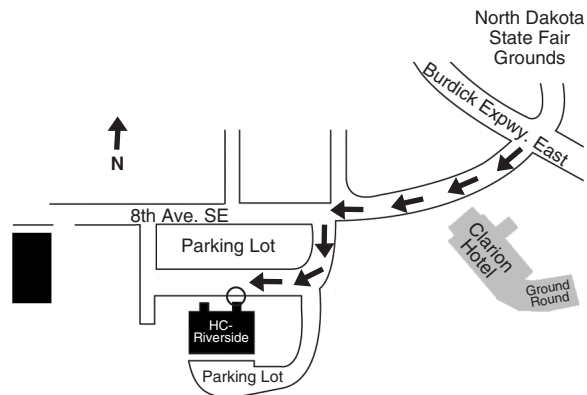
Tours are every Sunday subject to visitor restrictions. Tours must be scheduled in advance, please call 701-857-5200 to schedule.

## Instructors

- Amanda Bekkedahl, RN, CLC, IBCLC
- Amanda Lovro, ADN, CLC
- Danica Schaefer, MSN, RN
- Diane Sjol, MSN, RN

## 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.



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# Trinity Health Preparing for Baby Classes 2022



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.



## Preparing is Caring

All 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 13	May 12	September 8
February 10	June 9	October 13
March 10	July 14	November 10
April 14	August 25	December 8

### Instructor:

Amanda Bekkedahl, RN, CLC, IBCLC, 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.

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.”*

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## 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
- 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 15	May 14	September 10
February 5	June 11	October 8
March 5	July 9	November 12
April 9	August 13	December 3

### Instructors:

Danica Schaefer, MSN, RN, and Diane Sjol, MSN, RN, have both been registered nurses for over 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!

## Basics of Baby Care

Welcoming a new baby is a special and exciting time! A time that can also bring up many questions: How will I know my baby is hungry? When will my baby sleep? How do I keep my baby safe? This class will answer those questions and more! We will cover the basics of newborn care such as feeding, bathing, diapering, soothing, and sleep. This class does NOT include infant CPR. Available to expectant or parents of newborns.

### Basics of Baby Care Schedule:

Classes are held from 6:00 to 8:00 p.m.

January 10	May 9	September 12
February 7	June 6	October 3
March 7	July 11	November 7
April 4	August 8	December 5