

## Registration

All classes are free of charge.

### 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

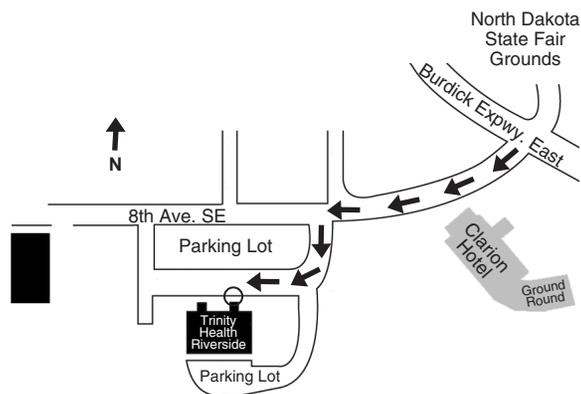
Tours are every Sunday subject to visitor restrictions.  
Tours must be scheduled in advance, please call  
701-857-5380 to schedule.

## Instructors

- Amanda Bekkedahl, RN, CLC, IBCLC
- Jenelle Loomis, BSN, RN
- Danica Schaefer, MSN, RN
- Diane Sjol, MSN, RN
- Kali Tafelmeyer, BSN, RN
- ChaunceyMae Vrem. BSN, RN, CLC

## Class Location

Trinity Health 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.



[trinityhealth.org](https://www.trinityhealth.org)

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# Trinity Health Preparing for Baby Classes 2023



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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 Trinity Health Riverside.

January 7	May 6	September 9
February 4	June 3	October 7
March 4	July 8	November 4
April 1	August 5	December 2

### Instructors:

Danica Schaefer, MSN, RN, Diane Sjol, MSN, RN, and Jenelle Loomis, BSN, RN, have each been registered nurses for over 20 years, specializing in labor and delivery and care of mother/baby couplets. Kali Tafelmeyer BSN, RN has been a RN for 5 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!

## 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."*

*"Amanda was so nice, supportive, and helpful!"*

*"Excellent class! I will suggest it to every breastfeeding mom I know!"*

### Breastfeeding Basics Class Schedule:

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

January 12	May 11	September 14
February 9	June 8	October 12
March 9	July 13	November 9
April 13	August 17	December 14

### Instructor:

Amanda Bekkedahl, RN, CLC, IBCLC and ChaunceyMae Vrem. BSN, RN, CLC, have been registered nurses since 2014, specializing in mother/baby couplet care. Amanda became a Certified Lactation Counselor in 2014, and ChaunceyMae in 2022. They are passionate about breastfeeding and hope to educate, encourage, and support women to feel confident and comfortable in their breastfeeding journey.

## 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 11	May 10	September 13
February 8	June 7	October 11
March 8	July 12	November 8
April 5	August 9	December 6

### Instructors:

Danica Schaefer, MSN, RN, Diane Sjol, MSN, RN, and Jenelle Loomis, BSN, RN, have all been registered nurses for over 20 years, specializing in labor and delivery and the care of mother/baby couplets. Kali Tafelmeyer BSN, RN has been an RN for 5 years specializing in labor and delivery and care of mother/baby couplets. They are passionate about helping new parents feel confident in their ability to care for their new baby. Their goal is to discuss what to expect when you take your new baby home, answer questions, and support new families as they make the transition to home.