

Sibling Class

Calling all big siblings! New and seasoned. This hands-on class will review their new role as a sibling, baby safety, changes that might occur and much more. This class is geared toward ages 2 and up; all ages are welcome! Siblings must be accompanied by an adult.

Class is held from 4 p.m. - 6 p.m. at Trinity Health Hospital 2305 37th Ave. SW, in Prairie Rose conference room #3.

January 16	February 6	March 5
April 2	May 7	June 4
July 16	August 6	September 3
October 1	November 5	December 3

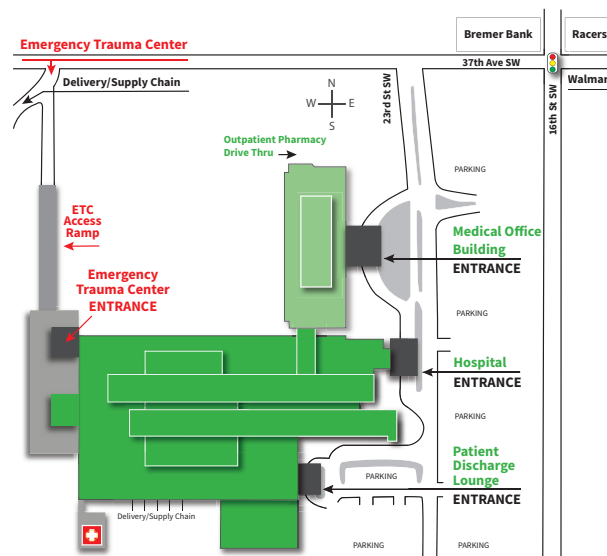
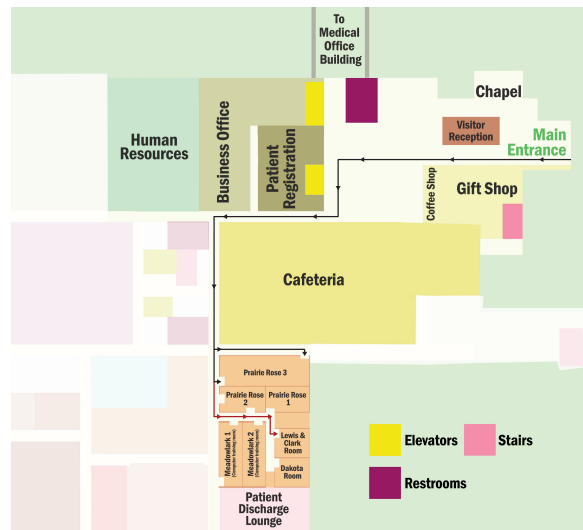
Family Birth Center Tours

Tours are included in the Prepared Childbirth Class. Additional tours are held every Saturday and Sunday. Tours must be scheduled in advance, please call 701-418-8820 to schedule.



Class Location

Trinity Health Hospital 2305 37th Ave. SW, in Prairie Rose conference room #3.



trinityhealth.org

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Trinity Health Preparing for Baby Classes 2024



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

For more information call:
701-418-8806 or toll free 1-800-862-0005
Monday - Friday, 8:00 a.m. to 3:30 p.m.



Registration

All classes are free of charge.

To register scan QR code or access at:
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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.

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

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

Breastfeeding Basics Class Schedule:

Classes are from 6 to 8 p.m. at Trinity Health Hospital 2305 37th Ave. SW, in Prairie Rose conference room #3.

January 3	February 7	March 6
April 3	May 1	June 5
July 17	August 19	September 4
October 2	November 6	December 4

Instructor:

Amanda Bekkedahl RN, CLC, IBCLC, and ChaunceyMae Vrem RN, CLC, have been registered nurses for nine years and are Certified Lactation Counselors. They enjoy assisting new mothers achieve their feeding goals. They are passionate about breastfeeding and hope to educate, encourage and support women to feel confident and comfortable in their breastfeeding journey.



Prepared Childbirth

Prepared Childbirth classes are offered monthly. Classes should be attended during the last eight weeks of pregnancy. Each session provides information regarding:

- Signs of labor
- What to expect in labor
- Comfort measures
- Options for pain relief
- Early postpartum cares
- Tour of Birthplace

“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 Hospital 2305 37th Ave. SW, in Prairie Rose conference room #3.

January 13	February 3	March 2
April 6	May 4	June 1
July 13	August 3	September 7
October 5	November 2	December 14

Instructors:

Jenelle Loomis BSN, RN; Danica Schaefer MSN, RN; and Kali Tafelmeyer BSN, RN, have been registered nurses for between six-23 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 to 8 p.m. at Trinity Health Hospital 2305 37th Ave. SW, in Prairie Rose conference room #3.

January 15	February 5	March 4
April 8	May 6	June 3
July 15	August 5	September 9
October 7	November 4	December 16

