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. Support people are also welcome to attend.

"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 6	February 3	March 3
April 7	May 5	June 9
July 14	August 18	September 1
October 6	November 3	December 1

Instructor:
Amanda Bekkedahl RN, CLC, IBCLC, and ChauncyMae Vrem RN, CLC, have been registered nurses for 13 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.

Registration

All classes are free of charge.

To register scan QR code or access 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 a.m. to 3:30 p.m.

Prepare 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. There will be a 45-minute break for lunch on your own. The cafeteria and The Station coffee shop are available on site if needed.

January 9	February 6	March 6
April 3	May 1	June 5
July 10	August 7	September 4
October 2	November 13	December 11

Instructors:
Jenelle Loomis BSN, RN; and Danica Schaefer MSN, RN; have been registered nurses for 26 years, specializing in labor and delivery and care of new families in the postpartum period. 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. This class is taught by Jenelle Loomis BSN, RN and Danica Schaefer MSN, RN.

Basics of Baby Care Schedule:
Classes are held from 6 to 8:30 p.m at Trinity Health Hospital 2305 37th Ave. SW, in Prairie Rose conference room #3.

January 12	February 9	March 9
April 6	May 11	June 8
July 13	August 10	September 7
October 5	November 16	December 14

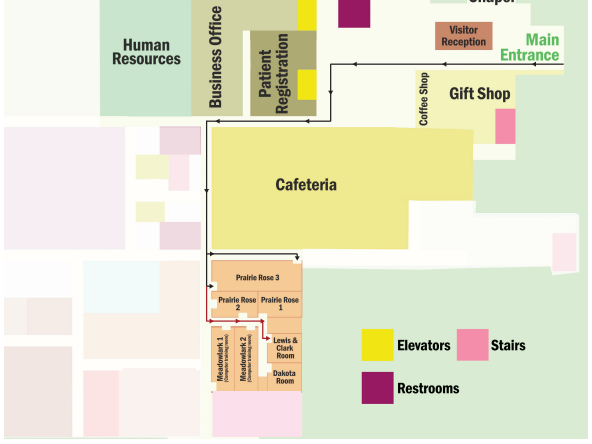
Family Birth Center Tours

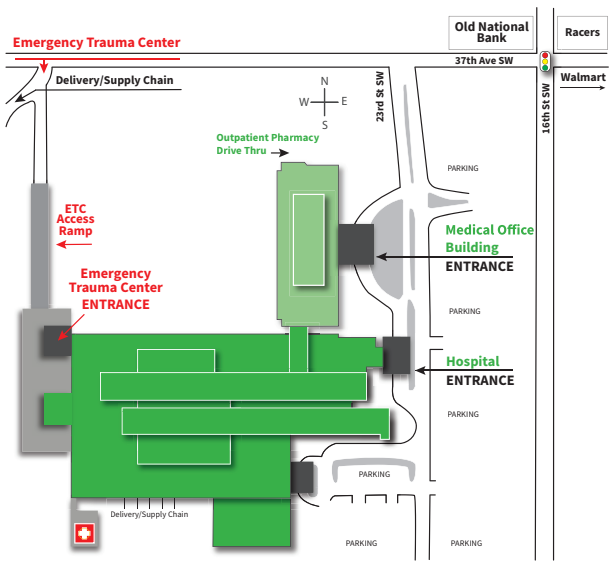
Tours are included in the Prepared Childbirth Class. Additional tours are held every Saturday and Sunday. Tours must be scheduled in advance, please call 701-418-8820 to schedule.

Class Location

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







TRINITY HEALTH

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Trinity Health Preparing for Baby Classes

2027



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.

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