

Perinatal Education Class Brochure

Welcome! Thank you for becoming part of our program.

Alberta Health Services (AHS) Perinatal Education offers quality evidence-based, facilitated, interactive programming by health and education professionals.

Choose from over 25 different classes to support you and your family through pregnancy, birth and the transition to parenthood.

Our program costs are managed through paid registrations. We work to provide as many free classes as possible - including Early Pregnancy, Birth & Babies Essentials for Teens, and access to subsidized classes for low income families.

AHS Perinatal Educators and Registered Dietitians

Providing trusted, current prenatal and early parenting education www.birthishandbabies.com

Ph: 403-955-1450

“Having a Baby” – Pregnancy Classes

Early Pregnancy

Free Class (1 class x 2 hrs)

This free interactive class will get you thinking about the changes pregnancy brings to your body, relationships, and lifestyle. Come early in your pregnancy to give you, your partner and your baby the best start. Topics covered include:

- Lifestyle choices to facilitate a healthy pregnancy
- Relationship changes
- Choosing a caregiver and the differences between Obstetrical, Family Physician and Midwifery care
- Warning and preterm labour signs
- Decision making
- Resources
- Common discomforts, challenges and coping

Healthy Eating for Pregnancy

Free Class (1 class x 1.5 hrs)

Looking for nutrition information? Wanting to know how your nutrition needs have changed, or what foods are safe during pregnancy? Come learn more about nutrition during pregnancy including tips to help you eat well, stay healthy and support healthy weight gain. Pregnant women at any stage in their pregnancy and their support person are welcome. **Open to Alberta Residents Only.**

Relax for Pregnancy and Labour

\$40 (1 class x 2 hrs)

This session will explore a variety of relaxation and coping techniques that will give you practical ways to get in touch with your body, release tension, and handle changes in positive ways. This session aims to give you more skills for pregnancy, labour and beyond. Partners are encouraged to attend. Please note that this class does not replace a prenatal series and does not exclusively focus on labour coping strategies

Pregnancy Massage for Couples

\$40 (1 class x 2 hours)

This interactive workshop teaches both partners massage techniques for pregnancy, labour, and general relaxation.

Cooking Your Way to Wellness in Pregnancy

Free Class (2 Classes x 1.5 hrs)

Cooking Your Way to Wellness in Pregnancy is a free series of practical & interactive classes designed to provide you with the hands-on experience to create healthy eating habits during your pregnancy to help ensure you and baby are as healthy as possible. Learn about important vitamins and minerals for pregnancy and where to find them, learn how to prevent food-borne illness during pregnancy, learn tips for successful meal planning, and enjoy a cooking demonstration and two hands-on cooking classes!

“Having a Baby” – Childbirth Classes

Birth & Babies Signature 10 Week

\$235 (10 classes x 2 hrs)

The most comprehensive prenatal and postnatal experience. Classes run for 10 consecutive weeks, beginning about 6 to 7 weeks before your due date and continuing beyond birth. A celebration is held on the last class.

Prenatal Topics: Week 1 to 5

- Signs of labour
- How labour progresses
- When to go to the hospital
- Breathing, relaxation, positioning and other comfort measures
- Medical procedures
- Pain medications
- Decision-making
- Breastfeeding

Postpartum Topics: Week 6 to 10

- Baby care basics
- New parent tips
- Community resources
- Communication and relationships
- Getting out and about with baby
- Infant massage
- Travelling with baby
- Home safety and health

Choose your Birth and Babies Signature class according to your due date

Ideally, your baby is born between weeks five and seven of the class, then you and baby come back to class. If you select a class that begins too early, or too late, you will not get the full benefit from the classes and full participation.

By setting up a log-in and account with your due date, this will help you to register for the best Birth and Babies signature class to match your due date. If there is more than one class available at that time, select the most convenient location.

Birth & Babies Essentials

\$145

Discussion, multimedia presentations, and practice sessions are used to help you prepare for labour, birth and parenting. **Topics include:**

- Signs of labour
- How labour progresses
- When to go to the hospital
- Breathing, relaxation, positioning and other comfort measures
- Community Resources
- Medical Procedures
- Pain medications
- Decision-making
- Breastfeeding and baby care basics
- New parent tips

Birth & Babies Essentials is offered in a variety of formats to meet your needs. **Choose from:**

- **Birth & Babies Essentials Weeknight** \$145 (6 weekday evenings x 2 hrs)
- **Birth & Babies Essentials Weekend Series** \$145 (4 Saturdays 3 hrs)
- **Birth & Babies Essentials Express** \$145 (2 Saturdays x 6 hrs)

Birth & Babies Essentials for Midwifery Clients

\$145 (6 classes x 2 hrs)

This series, intended for families receiving midwifery care, builds on the support and information you already receive from your midwife. You will have an opportunity to understand how you can work with your body's own ability to labour, birth, breastfeed and parent. The emphasis is on coping, comfort and support techniques useful for late pregnancy, labour, birth and the early postpartum period and also includes breastfeeding and baby care.

Twins and Triplets Birth & Babies Essentials

\$145 (6 classes x 2 hrs)

This series builds on the regular Birth & Babies Essentials with emphasis on the impact of having multiples. Information on premature birth, the care of preterm babies and practical strategies for feeding and caring for your babies is covered. Don't forget to sign up for your free "Twins, Triplets and More: Adjusting to Parenthood" class that is included with your purchase of a Birth & Babies Essentials series.

Birth & Babies Essentials for Young Families

Free (4 classes x 2 hrs)

These free classes are for expectant parents age 20 and younger. Classes are two hours long and take place once a week for four weeks.

Expectant parents are welcome to bring a support person to class.

Refresher Childbirth Classes

Vaginal Birth after Cesarean Refresher

\$75 (2 classes x 2.5 hrs or 1 class x 4.5 hrs)

This class is for parents expecting their second (or third) baby who had their last baby by cesarean. The topics covered will build on your current knowledge, skills, experience and needs. It includes:

- Examining risks and benefits of a vaginal birth after cesarean
- Understanding common interventions used for VBAC deliveries, including pain management options
- Viewing a low intervention vaginal birth to better understand the labour process
- Discussing options and advocacy for subsequent Cesarean birth if deemed necessary for medical reasons
- Exploring how to work with your health care team to achieve your goals around labour and birth
- Discussing strategies for a successful trial of labour

Refresher Childbirth Class

\$75 (2 classes x 2.5 hrs or 1 class x 4.5 hrs)

This refresher childbirth class, is for parents expecting their second (or third) baby. In this class you will build on your knowledge, skills and experience. Topics include reflection on your previous experience, labour and birth comfort and coping strategies, medications and interventions and local information and resources.

Preparing for New Baby

Parenthood is a new stage of life - sometimes wonderful and sometimes frustrating. Learning about basic care for yourself and your baby and how to find other resources can help you adjust to your new role. For the most benefit, take these classes before baby arrives.



Buying for Baby

\$10 single, \$15 couple (1 class x 2 hrs)

Baby is coming, what do you really need to buy? How many diapers will you need? Is a more expensive stroller better for baby? What kind of toys are best for baby's development? Answers to these questions and more will help you decide what to buy and how much to spend. Information about parental benefits and RESP's for baby will also be discussed. We promise you can save at least \$500 by attending this one evening class. Register anytime in pregnancy.

Especially for Fathers

\$45 (1 Saturday class x 3 hrs)

This class is devoted to fathers and fatherhood, what it means to you to become a new father and what kind of parenting role you want for yourself and for your child. The top concerns of fathers for pregnancy, birth and fatherhood will be discussed as well as coping strategies for your new role. This three-hour Saturday class is for dads only, and is best taken before the baby is born.

New Baby, Old Pet: Introducing Baby to Rover

\$30 (1 class x 2 hrs)

Presented by the Calgary Humane Society. In this two-hour class learn about animal behaviors and how to help your pet get used to the new baby. Some Humane Society resources will be available for sale. Thank you for leaving your pet at home as we cannot accommodate pets in class.

Sleep Like a Baby

\$40 (1 class x 2 hrs)

For expectant parents, and parents of babies under three months. Come to this two-hour class to learn about normal newborn sleep patterns, parents' expectations about sleep, how to handle feeling exhausted, and where to find resources to help new parents.

Twins, Triplets and More: Adjusting to Parenthood

\$25 (1 class x 2 hrs)

Join representatives from the [Twins, Triplets, and More Club](#) to talk about adjusting to life with more than one baby. Helpful tips and community resources for parents of multiples will be covered in this two-hour class. (Free with your purchase of a Birth & Babies Essentials class)

Loving Hands: Calming Your Baby with Touch

\$40 (1 class x 2 hrs)

Before your baby arrives come to this two-hour evening class to learn different massage skills to comfort and relax them from the day they are born. Hands-on practice and video demonstrations will help increase your confidence in soothing your baby. Ways to help your baby self-calm and relax will also be included. (For expectant parents).

Adoptive & Intended Parent Baby Care

\$45 (1 class x 2 hrs)

A chance for adoptive and intended parents to share experiences, ask questions, and learn about the transition to parenthood. This is a 2.5 hour interactive class. Learn about:

- Newborn characteristics and behavior
- Infant cues and communication
- Sleep and crying
- Newborn care, safety, and illnesses
- Feeding
- Community resources for new parents

Baby Care

\$25 (1 class x 2 hrs)

This class is included in all Birth & Babies Signature and Essentials series.

Have some hands-on fun in this two-hour interactive class. Get your questions answered and learn more about the amazing ways that newborns communicate. Learn about infant crying, diapering, bathing and get practical tips for new parents.

Breastfeeding

\$25 (1 class x 2 hrs)

This class is included in all Birth & Babies Signature and Essentials series.

This two-hour class will cover:

- How breastfeeding works
- Feeding cues
- Breastfeeding positions and latching baby on
- Normal new born feeding patterns
- Resources

Baby Health & Safety

\$45 single, \$80 couple (2 class x 2 hrs or 1 class x 4 Hrs)

In these interactive hands on classes you will learn about common illness and keeping your baby healthy, explore ways of preventing home injuries, car seat use and be introduced to basic first aid and infant CPR. Take before or after having your baby (babies are welcome in class). Open to extended family members or caregivers. This is not a certification course.

Car Seat Safety

\$10 single, \$15 couple (1 class x 2 hrs)

In this class you will learn about choosing the correct child safety seat for your child and how to use and install the different types correctly. Learn when a child should move to a different type of seat and the choices available. The current laws and recommendations will also be covered.

Take before or after having your baby. Open to extended family members and caregivers.

As Baby Grows & Mom, Infant and Child Nutrition

Now that you are a parent coping with the day-to-day needs of a growing baby, you are also learning more about what it really means to be a parent. These classes help you learn more about attachment and nutrition for both you and your child.

Learn to Massage Your Baby

\$35 (1 class x 90 mins)

Bring your baby to class

Classes are presented by an external provider for babies from birth to 6 months-or crawling. Infant massage enhances the loving communication between parent and baby. Learn massage techniques that may increase your infant's comfort and help with gas and fussy periods. This class can be attended in two formats.

Feeding Your Baby

Free Class (1 Class x 1.5 hrs)

A daytime class for parents, caregivers, and babies. Are you getting ready for your baby to start solid foods? A dietitian will answer our questions about what to feed first, textures and other topics related to feeding your baby. Babies are welcome! **Open to Alberta Residents Only.**

Nutrition for New Moms

Free Class (1 Class x 1.5 hrs)

If you've had a baby recently this class is for you! Learn how to use food to boost your energy levels, how to lose the "baby weight" in a healthy sustainable way, and what to eat (and what not to eat) when breastfeeding. Babies are welcome! **Open to Alberta Residents Only.**

Mealtime Struggles to Mealtime Success

Free Class (1 Class x 2 hrs)

Do you have questions about your child's eating? In this two-hour class evening class learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles.

Taught by a Registered Dietitian, this class is for parents and caregivers with children 1-5 years of age.

Adults only please.

Refund Policy

Fees:

Class fees may change without notice.

Course Cancellation:

Alberta Health Services reserves the right to cancel any program if there is inadequate enrollment and turn away students if a course has reached capacity.

In the event a course must be cancelled you will be informed by telephone and/or email in advance when possible. You may then reschedule for another course or receive reimbursement of the course fees.

Cancellation by Participant:

The deadline for refunds and class changes is 7 days before the class start date. A \$20 administration fee will be charged for class changes and cancellations. Some exceptions may apply. If your class is cancelled by Perinatal Education you will be re-scheduled or given a full refund. For cancellations, please call the Perinatal Education Office.

Disclaimer:

Some courses are presented by external providers. The views expressed in these courses are not necessarily those of Alberta Health Services. Perinatal Education accepts registration for those courses for your convenience.

Information provided in Perinatal Education classes is not meant to replace medical advice on personal health matters. Such advice should come from an appropriate healthcare professional.

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