

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 20 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 Young Families, and access to subsidized classes for low-income families.

AHS Perinatal Educators and Registered Dietitians

Providing trusted, current perinatal education

www.birthandbabies.com 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 the most out of this class. Topics covered include:

- Lifestyle choices to facilitate a healthy pregnancy
- Relationship changes
- Choosing a caregiver and the differences between 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.**

Relaxation for Pregnancy and Beyond

\$40 (1 class x 2 hrs)

Does thinking about pregnancy, birth, and parenting create some anxiety for you? Are you finding that balancing work, family and pregnancy can be a bit stressful? Are you wondering if what you are feeling is healthy? 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. Resources are provided. Please note that this class does not replace the labour coping strategies that are shared in a childbirth preparation class.

Virtual Interactive Cook-Along

Free Class (2 Classes x 1.5 hrs)

Need help with meal planning and preparation? Virtual Interactive Cook-Along is an interactive class designed to provide you with the hands-on experience to create healthy eating habits. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week. You will be provided a grocery list, equipment list and the recipes ahead of time. You will need to obtain the groceries and have your space set up (some advance prep may be required) and ready to go in time for the cook-along. **Open to Alberta Residents Only.**

“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.

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
- Breast/chestfeeding

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 come back to class with your baby. If you select a class that begins too early, or too late, you will not get the full benefit from the class.

By creating an account on our website and logging in, the classes displayed will be appropriate for your due date. If there is more than one class available at that time, select the most convenient choice.

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
- Breast/chestfeeding 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 x 3 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 receive from your midwife. You will have an opportunity to understand how you can work with your body's own ability to labour, birth, and breast/chestfeed. The emphasis is on coping, comfort and support techniques useful for late pregnancy, labour, birth and the early postpartum period. This series also includes breast/chestfeeding and baby care.

Birth & Babies Essentials for Twins and Triplets

\$145 (6 classes x 2 hrs)

This series builds on the regular Birth & Babies Essentials and is designed for parents expecting multiples. It includes information on premature birth, care of preterm babies, and practical strategies for feeding and caring for multiple babies. 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 Caesarean Refresher

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

This class is for parents expecting another baby after a caesarean birth. Topics 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 Caesarean 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 another 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 (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 be shared. 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 will help you explore fatherhood, what it means to you to become a new father, what kind of parenting role you want for yourself and your child, and coping strategies for your new role as a parent. Fathers' top concerns for pregnancy, birth and fatherhood will be discussed. This three-hour Saturday class is for fathers only, and is best taken before the baby is born.

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.

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 caring for a newborn. 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.

Breast/chestfeeding

\$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 breast/chestfeeding works
- Feeding cues
- Positions and latching baby on
- Normal newborn feeding patterns
- Resources

Baby Health & Safety

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

In these interactive classes you will learn about common illnesses and keeping your baby healthy, explore ways of preventing home injuries, discuss safe 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 (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.

Parent, Infant and Child Nutrition

Now that you are a parent coping with the day-to-day needs of a growing baby, these classes help you learn more about nutrition for both you and your child.

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 1.5 hrs)

Do you have questions about your child's eating? This evening class learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. This class is for parents and caregivers with children 1-5 years of age. Adults only please. **Open to Alberta Residents Only.**

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.

June 2021