

Edmonton Zone Prenatal Education

Welcome and thank you for your interest in our program!

Edmonton Zone Prenatal Program with Alberta Health Services (AHS) offers evidence-based, interactive programming by health professionals.

We look forward to connecting with birth parents, non-birth parents and support persons of all genders during our classes and as our program grows!

We respectfully acknowledge that our classes are facilitated on Treaty territory, the traditional lands of Indigenous, Metis and Inuit people, who have lived in and cared for these lands for generations. We make this acknowledgement as a small, sincere action toward reconciliation.

Choose any class that will support you and your family through pregnancy, birth and the transition to parenthood.

If you require financial support to attend any of our classes please:

Call: 780-735-8377

Email: birthandbabiesedmonton@albertahealthservices.ca

Childbirth Prenatal Classes

Birth & Babies – Weeknight Series

\$80.00

Prenatal Class Options:

- Once a week for 4 consecutive weeks \$80.00
- Twice a week for 2 consecutive weeks \$80.00

Common Topics:

- | | | |
|----------------------------------|---------------------------------|------------------------------|
| • Signs of labour | • Labour process | • When to go to the hospital |
| • Positioning & comfort measures | • Medical procedures | • Pain management |
| • Decision-making | • Infant feeding | • Newborn care |
| • Postpartum care | • Communication & relationships | |

Classroom topics are determined in real time and may change from group to group and class to class.

We recommend that you choose a class that ends when you will be around 36-week gestation.

Birth & Babies – Weekend Series

\$80.00

- Friday evening 6:00 p.m. – 8:00 p.m.
- Saturday day 10:00 a.m. – 4:00 p.m.

Common Topics:

- | | | |
|----------------------------------|---------------------------------|------------------------------|
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| • Positioning & comfort measures | • Medical procedures | • Pain management |
| • Decision-making | • Infant feeding | • Newborn care |
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Specialty Classes

Newborn Safety

\$25.00

- One evening class 6:00 p.m. – 8:30 p.m.
- Various dates available

A time to meet with other expectant and new parents to explore how we keep our babies safe in the 21st Century!

Come discover:

- Why more is not always better
- Why Immunizations are so important
- How to know if what they are selling is safe
- Why you should read car seat manuals

Topics discussed often include creating safe play and sleep environments, finding credible information on the internet, having pets with infants in the home, and so much more.

Eat Sleep Poop Repeat

\$25.00

Class Options:

- Afternoon class 1:30 p.m. – 4:00 p.m.
- Evening class 6:00 p.m. – 8:30 p.m.
- Various dates available

A time to meet with other new parents around infant feeding, share what is working, what you have learned along the way and what you love most about feeding your baby.

Topics often include latch tips and tricks, milk supply, newborn feeding cues, growth patterns, managing YOUR new sleep schedule, and so much more. We will be happy to add your question or topic to the list!

Note: this class is not intended to address breast or breastfeeding concerns. If you are experiencing any symptoms that Healthy Parents, Healthy Children recommends the help of a health care professional, please call your health care provider or 811 for assistance.

Grandparent Class

\$25.00

- Evening class 6:00 p.m. – 8:30 p.m.

A time to meet with other new or soon to be grandparents, “refresh” on infant care and explore strategies to support your adult children as “new parents” and share what your new name is...Grandma, Papa, Oma, Gido...so many options!

Topics discussed often include safe sleep, newborn feeding and care basics, finding credible information on the internet and so much more. We will be happy to add your question or topic to the list!

Edmonton Zone Prenatal Nutrition Classes

Healthy Eating for Pregnancy

Free

Expecting a baby? Join our class to learn more about:

- Eating during pregnancy – Are there foods that are recommended? Are there foods to avoid?
- How to manage nausea, heartburn and other common discomforts
- Quick and tasty meal ideas

Click the following link to learn more and/or register for a class.

- <https://www.eventbrite.ca/o/edmonton-zone-public-health-dietitians-ahs-17727496869>

Refund Policy & Information

Fees

- Class fees may change without notice.

Course Cancellation

- Alberta Health Services reserves the right to cancel any program if there is inadequate enrollment.
- Cancellation by Participant:
 - You are welcome to reschedule for another course or receive reimbursement of the course fees.
 - The deadline for refunds and class changes is 7 days before the class start date.
- Cancellation by Prenatal Program, you will be:
 - Informed by telephone and/or email with as much notice as possible.
 - Rescheduled in to another class or provided a full refund as per your preference.

Disclaimer

Information provided in Edmonton Zone classes is not intended to replace medical advice for personal health matters. Medical advice should come from an appropriate healthcare professional.

January 2022