

# 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 Adults, and access to subsidized classes for people living on a low income.

**AHS Perinatal Educators and Registered Dietitians**  
Providing trusted, current prenatal and early parenting education  
[www.birthandbabies.com](http://www.birthandbabies.com) Office number: 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)**

Are you looking for nutrition information for pregnancy? Join AHS Dietitians for an interactive virtual session on nutrition in pregnancy. Topics include benefits of eating well, important nutrients, food safety supplements and more. Free class for pregnant people at any stage in their pregnancy and their support person.

**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.

### Cooking Your Way to Wellness in Pregnancy

**Free Class (1 Classes x 1.5 hrs)**

Cooking Your Way to Wellness in Pregnancy is a class 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 preparation.

# 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
- 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 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 series to match your due date. If there is more than one series 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
- Breast/chestfeeding
- 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 those 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, and breast/chestfeed. The emphasis is on coping, comfort, and support techniques useful for late pregnancy, labour, birth, and the early postpartum period. Includes baby care and feeding baby.

## **Twins and Triplets Birth & Babies Essentials**

**\$145 (7 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 class presented by [TTMAC](#) that is included with your purchase of a Birth & Babies Essentials series.

## **Birth & Babies Essentials for Young Adults**

**Free (4 classes x 2 hrs)**

These free classes are for pregnant individuals 20 and younger. They are two hour classes held one evening a week for four weeks. The participant is welcome to bring a support person to class.

## **Childbirth Refresher Class (includes VBAC)**

**\$75 (2 classes x 2.5 hrs)**

This class is for those experiencing a subsequent pregnancy who want to build on current knowledge, skills, experience and needs. Examining risks and benefits of a vaginal birth after cesarean will also be covered.

Topics include:

- Reflection on your previous experience, labour, and birth.
- Coping strategies, medications, pain management and interventions.
- Understanding common interventions used for VBAC deliveries, including pain management options.
- Exploring decision making strategies and how to work with your health care team to achieve your goals around labour and birth.
- 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

**\$15 (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 RESPs 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 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 for your child, and coping strategies for your new role as a parent. Fathers' top concerns for pregnancy, birth and fatherhood will be discussed as well as coping strategies for your new role. Though this three-hour Saturday class is based on research on men whose partners are pregnant or just given birth we welcome anyone whose partner is pregnant and wants information to help their family through this transition. This class is best taken before the baby is born.

### Sleep Like a Baby

**\$40 (1 class x 2 hrs)**

For those expecting a baby, 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

**\$25 (1 class x 2 hrs)**

Join representatives from the Twins, Triplets, and More Association of Calgary ([TTMAC](#)) 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 2.5hrs)**

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**

**\$30 (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**

**\$30 (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**

**\$80 couple (2 class x 2 hrs or 1 class x 4 hrs)**

In this interactive class 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**

**\$15 (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)**

Free virtual 1.5 hour nutrition class for parents and caregivers of infants. Join AHS Dietitians for an interactive session on feeding your baby. You will learn about drinks for baby, when to start solids, first foods, food textures and more.

**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 strategies to help fuel your own body while caring for a baby. Discussion will include balanced eating, meal planning and goal setting. Specifics on nutrition and breast/chestfeeding will be reviewed. A free 90 minute virtual class.

**Open to Alberta Residents Only.**

## Mealtime Struggles to Mealtime Success

**Free Class (1 Class x 1.5 hrs)** Do

Free virtual 1.5 hour nutrition class for parents and caregivers of children 1 to 5 years old. Join AHS Dietitians for an interactive session about making mealtimes a positive experience for children and adults! You will learn about adult and child roles in feeding, introducing new foods, managing common feeding behaviours and more.

**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 participants 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.

August 2023