

Prenatal Education Classes

Edmonton Zone Prenatal Classes

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.

Current class offerings and locations are available on our website:

[Edmonton Perinatal Education | Birth & Babies \(birthandbabies.com\)](http://birthandbabies.com)

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

Call: 780-342-2833

Email: birthandbabiesedmonton@albertahealthservices.ca

Childbirth Prenatal Classes

Birth & Babies – Prenatal Class Options:

***NEW* Extended Version (5 class series/10hrs for \$100) or Express Version (4 class series/8hrs for \$80)**

Prenatal Class Options (both virtual and in-person are available):

- Once a week for 4 or 5 consecutive weeks, rotation through days of the week
- Twice a week for 2 or 3 consecutive weeks, rotation through days of the week
- Weekend Series
 - Many options available could include the following combinations of schedules:
 - Friday evening (6:00 p.m. – 8:00 p.m.)
 - Saturday day (10:00 a.m. – 4:00 p.m.)
 - Sunday day (10:00 a.m- 4:00 p.m)

Common Topics:

Prenatal Education Classes

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

Classroom topics are determined in real time by class participants 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.

The *Extended Version will spend more time focusing on topics that the class chooses for a deeper dive, such as newborn care, breastfeeding or infant safety.

Specialty Classes/ Add Ons

Newborn Safety

\$25.00

- 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 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.

Newborn Essentials (Feeding, Growing and learning)

\$25.00

- 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 newborn growth, development, infant feeding, and how to thrive in those early days with baby!

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

Note: This class is recommended to take during pregnancy or shortly after delivery as is not intended to address breast/chest feeding 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. Public health nurses and lactation consultants are available at your local health centre for additional support.

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!

Other AHS Classes available for new Families

Population Health Promotion Team (AHS)

Register via Eventbrite [Population Health Promotion - Edm Zone \(AHS\) Events - 8 Upcoming Activities and Tickets | Eventbrite](#)

Home Safety for Infants and Toddlers

Join us in this FREE online class for parents and caregivers.

From cribs to cupboard locks to baby safe foods - it often feels like there are a million things to remember and endless ways for our children to get hurt. However, most injuries are easy to prevent with the right steps.

This workshop will review simple strategies for building a safe home and explore common injuries seen in children, including falls, poisoning, and choking.

This workshop is appropriate for parents and caregivers of children ages 0-5 years residing within Alberta, Canada.

For questions, please contact the Population Health Promotion team:

Injury.PreventionEdmonton@ahs.ca

Child Safety Seats for Families

Join us in this FREE online class for parents and caregivers delivered by a certified Child Safety Seat Technician.

In Alberta, children under the age of 6 years who weigh 18 kg (40 lbs) or less must use a certified child safety seat when in a motor vehicle. When used correctly, child safety seats reduce the chance of a child being injured or killed in a crash by as much as 71%.

This workshop will provide advice and support for choosing, installing and using child safety seats, booster seats and seat belts for children of different ages, heights and weights. This workshop is appropriate for parents and caregivers of infants, toddlers and children up to 13 years who reside in Alberta, Canada.

For questions, please contact the Population Health Promotion team:

Injury.PreventionEdmonton@ahs.ca

Edmonton Zone Public Health Dietitians

Register through Eventbrite at [Edmonton Zone Public Health Dietitians AHS Events - 5 Upcoming Activities and Tickets | Eventbrite](#)

Healthy Eating for Pregnancy

Expecting a baby?

Join us in this FREE online class for expectant parents in Alberta, Canada led by Registered Dietitians!

You will learn about what's best to eat and avoid during pregnancy, how to manage nausea, heartburn and other common discomforts, and quick and tasty meal ideas!

This session will be held on Zoom! You can join on a computer, tablet or smart phone.

Not familiar with Zoom? A link for the class and user instructions will be emailed to you prior to the class.

Do you have any questions? Please call: 780-342-2891