

# Prenatal Education Classes

## Calgary Public Health – Birth & Babies

Birth & Babies provides pregnant people and their families current, evidence-based, and Canadian perinatal information. Classes and series are led by trusted health professionals and offer topics including pregnancy, birth, infant feeding, newborn care and the transition to parenting.

Birth & Babies strives to ensure all clients feel confident, informed, and supported as they ask questions, make decisions, and navigate their individual path through birth and/or parenthood. The journey to parenthood through pregnancy, surrogacy, or adoption is unique for everyone. All individuals and families on this journey are welcome and respected.

## Class Information and Registration

Clients can choose from over 20 classes offered both in-person and online (Zoom). Classes provide opportunities to meet other parents and have real-time contact with our experienced educators. Topics range from early pregnancy to early parenting. Clients may choose short, focused express series and stand-alone classes, or they may enroll in our expanded signature series for deeper content and connection. For a full list of classes, visit:

- [Birth & Babies \(Calgary\)](#)

## Need Help?

- call 403.955.1450 or 1.866.471.7011 (toll free)
- email [birthandbabies@primarycarealberta.ca](mailto:birthandbabies@primarycarealberta.ca)
- Fees vary by class. Subsidies are available for those living on a low income.

## Pregnancy Classes

- Early Pregnancy
- Relax for Pregnancy, Labour & Beyond

# Prenatal Education Classes

## Prenatal Classes

- **Signature Series (10 weeks):** clients attend both pre and postnatal sessions for deeper content and connection\*
- **Refresher and Vaginal Birth after Cesarean (VBAC)**
- **Essentials Series:** attended prenatally only, various options:
  - **2, 4, or 6 weeks**
  - Young Adults (4 weeks)
  - Twins & Triplets (7 weeks)
  - Midwifery Clients (6 weeks)

### Topics Covered:

Signs of Labour	Decision Making	Infant Feeding
How Labour Progresses	Pain Medications	Newborn Care and Safety
When to go to the Hospital or Call your Midwife	Medical Procedures and Interventions	Mood and Anxiety Disorders
Comfort Measures	Postpartum Care	Communication and Relationships

**\*NOTE:** The 10-week Signature Series offers a more in-depth exploration of topics, additional topics and connection with peers and the educator after baby is born.

## Classes to Prepare for New Baby

- Buying for Baby
- Sleep Like a Baby
- Baby Care for Adoptive & Intended Parents
- Baby Health & Safety
- Car Seat Safety
- Especially for Fathers
- Breast/chestfeeding (included in prenatal classes)
- Baby Care (included in prenatal classes)

