



Prenatal Classes – Edmonton Public Health

Welcome and thank you for your interest in our program.

Edmonton Public Health Prenatal Program with Primary Care Alberta offers evidence-based, interactive programming by Registered Nurses.

We look forward to connecting with birth parents, non-birth parents and support persons of all kinds 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.

Class Information

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

Need Help?

If you require help with registration or financial support to attend any of our classes:

- Call: 780-342-2833 (response within 2 business days)
- Email: EDMPrenatal@primarycarealberta.ca



Maternal Newborn – Edmonton Public Health

For more information, contact EDMPrenatal@primarycarealberta.ca or 780-342-2833

Updated: July 2026



Childbirth Prenatal Classes

Birth & Babies – Prenatal Education Class Options

- Extended Version (10hrs for \$100) OR
- Express Version (8hrs for \$80)

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 2 days split into 8 hours or 10 hours

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 by class participants and may change from group to group and class to class.

Note: 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.



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Specialty Classes/Add ons

Breast/Chest feeding Basic and Advanced

(5 hours - In person - \$30)

Breastfeeding has so many benefits for parents and babies!

Come learn, with other parents, the skills needed to transition from pregnancy to nursing your baby successfully. This class is taught by IBCLC Registered Nurses (RNs) or RNs with special training in breast/chestfeeding. Content is delivered as a general overview; it is not a clinic and individual advice for specific feeding issues will be referred to appropriate services.

These hands-on classes will help you:

- anatomy, physiology and skill-building in pregnancy
- common issues and concerns that could arise after delivery, once the breast/chestfeeding journey begins
- Learn the benefits of breast/chest feeding
- Acquire skills to successfully feed baby
- Find resources in your area to support you in your journey

Grandparent Class

(Virtual / In-Person -2.5 hours - \$25)

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!

Come discover:

- 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 to the list!



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Newborn Essentials and Safety

(5 hours – In person or Virtual - \$30)

Join us for a welcoming space to connect with other expectant and new parents while building confidence in caring for and keeping your newborn safe in the early days and beyond. This class combines essential newborn care with practical safety guidance to support your growing family.

Together, we will explore:

- Early routines and adjusting to life with baby
- Safe sleep and play environments
- Making sense of baby products
- Recognizing choking and breathing emergencies in babies
- Finding reliable information
- Car seat basics
- Immunizations and infant health
- Pets and newborn safety

This class is designed to be interactive, and we welcome your questions and topics to ensure it meets your needs.

Note: This class is recommended during pregnancy or shortly after delivery. If you are experiencing symptoms that require medical support, please contact your health care provider or call 811. Public health nurses and lactation consultants are available at your local health centre for additional support.



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Other PCA Classes available for new Families

Population Health Promotion Team

Register via [Improve Your Health page](#)

Home Safety for Parents and Caregivers

Join us for this FREE 1-hour workshop delivered by a Health Promotion Facilitator. This session is designed for parents and caregivers of children ages 0-5 years who reside in Alberta.

Keeping young children safe can sometimes feel overwhelming. From crib safety and cupboard locks to preventing choking hazards, there is a lot to consider as children grow and explore their surroundings.

This workshop will provide practical ways to prevent serious childhood injuries at home, including falls, poisoning, and choking. You'll leave with simple strategies you can use right away to create a safer environment for your child.

For questions, contact Edmonton Population Health Promotion:

injury.prevention@edmonton@primarycarealberta.ca

Child Safety Seats for Families

Join us for this FREE 1-hour online workshop delivered by a certified Child Passenger Safety Technician. This session is designed for parents and caregivers of infants, toddlers, and children up to 13 years of age who live in Alberta.

In Alberta, drivers must ensure children under 16 years of age are properly restrained using a child safety seat, booster seat, or seat belt that is appropriate for their size and development. When used correctly, these restraints can significantly reduce the risk of serious injury or death in a collision.

This workshop will provide practical guidance on choosing, installing, and using child safety seats, booster seats, and seat belts for children of different ages, heights, and weights.

For questions, contact Edmonton Population Health Promotion:

injury.prevention@edmonton@primarycarealberta.ca

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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



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