



# *Pathway to Parenthood*

## **Prenatal Education Program**

*Experience a new approach to prenatal education including hands-on practice in our simulated nursery!*

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- Each class lasts about an hour and can be scheduled either just before or right after your prenatal appointment with your provider
- Classes are offered weekly
- Dads are encouraged to attend
- No charge for classes
- Pre-registration is required
- We kindly ask that you don't bring children to classes

**Classes are conveniently held in the  
Froedtert & the Medical College of Wisconsin  
Froedtert Hospital OB/GYN Clinic.**

**Ask your provider or a clinic staff member  
for more information, or call 414-805-6644.**

# Pathway to Parenthood Classes

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## **Breastfeeding 101**

This class will cover basic breastfeeding information such as the health benefits of breastfeeding, milk production, breastfeeding positions, baby's hunger cues, challenges and resources.

## **Breastfeeding and Returning to Work**

This class will cover information on how to talk to your employer, when to start pumping and pumping expectations, what kind of bottle/nipple to use, how to bottle feed a breastfeeding baby and how to prepare for your first day back to work.

## **Preparing for Postpartum and Parenthood**

Your little one has arrived! This class will cover what to expect after your baby is born. Topics include: what to bring to the hospital, rooming-in with your baby, the importance of choosing a pediatrician, ways to cope with the changes a new baby brings and how to make a smooth transition into parenthood.

## **Caring for Your Baby**

If you're not sure how to bathe a baby or change a diaper, then this interactive, hands-on class is for you. You will be able to practice these skills along with the technique of swaddling your baby. This class also covers when to call the pediatrician, how to take a temperature, use of a pacifier, feeding options and much more.

## **Going the Full 40**

This interactive class provides education on topics such as true vs. false labor, preterm labor, the importance of going the full 40 and when to call your provider.

## **Labor and Delivery Preparation**

Now, the big moment is here. You are in labor. This class will cover what to expect during labor and your hospital stay. Topics include: when to call the doctor, how to know if you're in labor, pain management, stages of labor, coming to the hospital and more. This is a great class even if this is not your first baby.

## **Keeping Your Baby Safe**

Safety is a No. 1 priority when you bring a new baby home. This class will cover ways to prevent sudden infant death (SIDS) and shaken baby syndrome, along with tips for creating a safe home environment for your family. You will be able to practice putting a baby in a car seat and preparing a safe sleep environment.

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Froedtert Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.  
**Attention:** If you speak another language, assistance services, free of charge, are available to you. Call: 414-805-3000 (TTY: 1-800-947-3529)

**Español (Spanish):** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al: 414-805-3000 (TTY: 1-800-947-3529)

**Hmoob (Hmong):** LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau: 414-805-3000 (TTY: 1-800-947-3529)

