Pathway to Parenthood
Prenatal Education Program

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

- 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 every day
- 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 414-805-4777.
Pathway to Parenthood Classes

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 & 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.

Pregnancy Basics
This class will cover what you should expect while you are pregnant, including: healthy food choices, exercise, weight gain, common tests done while pregnant, when to expect to feel your baby move, and what to avoid during pregnancy.

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 & 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.

Family & Friends CPR
The Family & Friends CPR program includes information on how to perform the basic skills of CPR in infants and children and how to help a child or infant who is choking. This program is a non-credentialed CPR video based program for those who do not need a course completions card but want to learn basic CPR.

Birth Center Tours
This tour will give you the opportunity to see where you are going to have your baby. The tour lasts approximately 30 minutes and is given by a staff member who can answer any questions that you may have.

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