



# *Pathway to Parenthood*

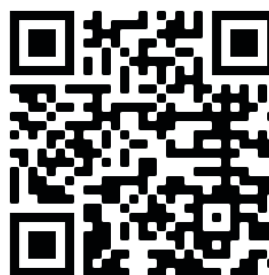
## **Prenatal Education Program**

*Experience a new approach  
to virtual prenatal education*

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- **All classes are FREE!**
- Each class lasts approximately 60-90 minutes
- Classes are offered weekly
- Support person is encouraged to attend
- Pre-registration is required

**Classes are conveniently available  
virtually (via WebEx) and in-person.**



Scan for class schedule.

**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 & 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.

## Infant CPR

This is an In Person class only. This Family and Friends CPR course teaches lifesaving skills of infant CPR and severe airway block for infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides participants with the most hands-on CPR practice time possible. A CPR booklet will be given out at the time of class.

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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.  
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**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)

