

## Tuesday, April 9

- Mindful Mothers Class - 6:00pm

## Saturday, April 20

- Breastfeeding Basics - 2:00pm

## Sunday, April 21

- From Bump to Baby - 2:00pm

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### Mindful Mothers Class

**Time:** 6:00pm

Created to provide support for new mothers as they transition from pregnancy into parents, this class will discuss ways to enhance mental and emotional health in the first 12 weeks after delivery (the 'fourth trimester'). Planning for this time period is as important as planning for labor and delivery, and is open to women in their third trimester of pregnancy and up to 12 weeks after delivery. We will discuss ways to maximize your emotional health and wellness, bonding with your baby, how to ask for help, and ways to adjust to your new life as a mother.

### Breastfeeding Basics

**Time:** 2:00pm

**Thank you for your interest in our Lactation and infant feeding class. This class is taught by NAMC's Certified Lactation Counselor, Amanda Tanner. Amanda has been educating families on infant feeding since 2015 and strives to provide clear and accurate information for 'soon-to-be' new mothers and their partners.**

**She will cover breastfeeding expectations, strategies for success, and how to avoid complications. Topics include techniques, nursing positions, diet considerations, nipple care, leaking, tips for partner feedings, bottle feeding, pumping, and more.**

**If you have any questions, you can reach Amanda at 256-629-3333.**

### From Bump to Baby

**Time:** 2:00pm

This class will be taught by NAMC Labor & Delivery and Nursery staff and cover the basic information to help parents mentally and emotionally prepare for the arrival of their new little one. Topics include stages of labor & delivery, common interventions, coping with fear and anxiety and how to care for your newborn once you get home. A tour of the Women and Children's Center will also be given during this class.

This class is FREE! Class size is limited. Each attendee is allowed to bring one support person.

It is best to schedule your childbirth class early in your 3rd trimester (between 27-32 weeks)