

Becoming a Mom® Prenatal Education Classes

July – December 2023 schedule

All in-person sessions are held at the Saline County Health Department, 125 W. Elm St., Salina

Monday and Tuesday sessions will be held in-person; Wednesday and Thursday sessions will be held via zoom
 ** Child care is NOT available **

If you want to schedule or reschedule your sessions; please contact Tricia at 785-826-6600 ext. 7334;
 text 785-819-6005 or email tricia.fry@sschd.org

Saline and McPherson County participants – after the delivery of your baby, a Maternal Child Health visit will occur with Sherri (Becoming a Mom® instructor/MCH nurse). This visit can be either a home visit or zoom.

Mon. July 17 3:30 pm - 5:30 pm Session 4
 (In-person sessions) 6:00 pm - 8:00 pm Session 1

Tues. July 18 3:30 pm - 5:30 pm Session 1
 (Zoom sessions) 6:00 pm - 8:00 pm Session 4

**** only 2 day/evening sessions held in July ****

Mon. Oct. 16 3:30 pm - 5:30 pm Session 1
 (In-person sessions) 6:00 pm - 8:00 pm Session 4

Tues. Oct. 17 6:00 pm - 8:00 pm Session 1
 (In-person session)

Wed. Oct. 18 6:00 pm - 8:00 pm Session 4
 (Zoom session)

Thurs. Oct. 19 6:00 pm - 8:00 pm Session 1
 (Zoom session)

Mon. Aug. 21 3:30 pm - 6:00 pm Session 5
 (In-person sessions) 6:00 pm - 8:00 pm Session 2

Tues. Aug. 22 3:30 pm - 5:30 pm Session 2
 (Zoom sessions) 6:00 pm - 8:30 pm Session 5

**** only 2 day/evening sessions held in August ****

Mon. Nov. 13 3:30 pm - 5:30 pm Session 2
 (In-person sessions) 6:00 pm - 8:30 pm Session 5

Tues. Nov. 14 6:00 pm - 8:00 pm Session 2
 (In-person session)

Wed. Nov. 15 6:00 pm - 8:30 pm Session 5
 (Zoom session)

Thurs. Nov. 16 6:00 pm - 8:00 pm Session 2
 (Zoom session)

Mon. Sept. 18 3:30 pm - 5:30 pm Session 6
 (In-person sessions) 6:00 pm - 8:00 pm Session 3

Tues. Sept. 19 6:00 pm - 8:00 pm Session 6
 (In-person session)

Wed. Sept. 20 6:00 pm - 8:00 pm Session 3
 (Zoom session)

Thurs. Sept. 21 6:00 pm - 8:00 pm Session 6
 (Zoom session)

Mon. Dec. 11 3:30 pm - 5:30 pm Session 3
 (In-person sessions) 6:00 pm - 8:00 pm Session 6

Tues. Dec. 12 6:00 pm - 8:00 pm Session 3
 (In-person session)

Wed. Dec. 13 6:00 pm - 8:00 pm Session 6
 (Zoom session)

Thurs. Dec. 14 6:00 pm - 8:00 pm Session 3
 (Zoom session)

Session 1 – Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
 Session 2 – Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
 Session 3 – Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter
 Session 4 – Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
 Session 5 – Infant Care / *Happiest Baby on the Block* / *Period of Purple Crying* / SIDS Risk Reduction/Safe Car Seat Installation
 Session 6 – Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies