

Becoming a Mom® Prenatal Education Classes – Rice County January – December 2025

**If you want to schedule or reschedule your sessions; please contact Tricia at 785-826-6600 ext. 7334;
text 785-819-6005 or email frytr@salinecountyks.gov**

These are registered classes only. You must be pre-registered the day before the desired class you wish to attend.

Wed. Jan. 22 (Zoom session)	6:00 pm - 8:00 pm	Session 1	Wed. July 23 (Zoom sessions)	3:30 pm - 5:30 pm	Session 4
				6:00 pm - 8:00 pm	Session 1
Thurs. Jan. 23 (Zoom session)	6:00 pm - 8:00 pm	Session 4	** only 1 day/evening session held in July **		
Wed. Feb. 19 (Zoom session)	6:00 pm - 8:00 pm	Session 2	Wed. Aug. 20 (Zoom sessions)	3:30 pm - 5:45 pm	Session 5
				6:00 pm - 8:00 pm	Session 2
Thurs. Feb. 20 (Zoom session)	6:00 pm - 8:30 pm	Session 5	** only 1 day/evening session held in August **		
Wed. Mar. 19 (Zoom session)	6:00 pm - 8:00 pm	Session 3	Wed. Sept. 17 (Zoom session)	6:00 pm - 8:00 pm	Session 3
Thurs. Mar. 20 (Zoom session)	6:00 pm - 8:00 pm	Session 6	Thurs. Sept. 18 (Zoom session)	6:00 pm - 8:00 pm	Session 6
Wed. Apr. 23 (Zoom session)	6:00 pm - 8:00 pm	Session 4	Wed. Oct. 22 (Zoom session)	6:00 pm - 8:00 pm	Session 4
Thurs. Apr. 24 (Zoom session)	6:00 pm - 8:00 pm	Session 1	Thurs. Oct. 23 (Zoom session)	6:00 pm - 8:00 pm	Session 1
Wed. May 21 (Zoom session)	6:00 pm - 8:30 pm	Session 5	Wed. Nov. 19 (Zoom session)	6:00 pm - 8:30 pm	Session 5
Thurs. May 22 (Zoom session)	6:00 pm - 8:00 pm	Session 2	Thurs. Nov. 20 (Zoom session)	6:00 pm - 8:00 pm	Session 2
Wed. June 18 (Zoom sessions)	3:30 pm - 5:30 pm	Session 3	Wed. Dec. 17 (Zoom session)	6:00 pm - 8:00 pm	Session 6
	6:00 pm - 8:00 pm	Session 6	Thurs. Dec. 18 (Zoom session)	6:00 pm - 8:00 pm	Session 3
** only 1 day/evening session held in June **					

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