

**Becoming a Mom® Prenatal Education Classes - McPherson County
July – December 2024 schedule**

**All in-person sessions are held at the McPherson Center for Health, McPherson
Classes will be held in the ITV Room. Please enter the door that faces south on the east side of the hospital.
There is only one door.**

**Monday 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 frytr@salinecountyks.gov**

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

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 8	3:30 pm - 5:30 pm	Session 4	Mon. Oct. 14	3:30 pm - 5:30 pm	Session 1
(In-person sessions)	6:00 pm - 8:00 pm	Session 1	(In-person sessions)	6:00 pm - 8:00 pm	Session 4
Tues. July 16	3:30 pm - 5:30 pm	Session 1	Wed. Oct. 23	6:00 pm - 8:00 pm	Session 4
(Zoom sessions)	6:00 pm - 8:00 pm	Session 4	(Zoom session)		
** only 2 day/evening sessions held in July **			Thurs. Oct. 24	6:00 pm - 8:00 pm	Session 1
			(Zoom session)		

Mon. Aug. 12	3:30 pm - 6:00 pm	Session 5	Tues. Nov. 12	3:30 pm - 5:30 pm	Session 2
(In-person sessions)	6:00 pm - 8:00 pm	Session 2	(In-person sessions)	6:00 pm - 8:30 pm	Session 5
Tues. Aug. 20	3:30 pm - 5:30 pm	Session 2	Wed. Nov. 20	6:00 pm - 8:30 pm	Session 5
(Zoom sessions)	6:00 pm - 8:30 pm	Session 5	(Zoom session)		
** only 2 day/evening sessions held in August **			Thurs. Nov. 21	6:00 pm - 8:00 pm	Session 2
			(Zoom session)		

Mon. Sept. 9	3:30 pm - 5:30 pm	Session 6	Mon. Dec. 2	3:30 pm - 5:30 pm	Session 3
(In-person sessions)	6:00 pm - 8:00 pm	Session 3	(In-person sessions)	6:00 pm - 8:00 pm	Session 6
Wed. Sept. 18	6:00 pm - 8:00 pm	Session 3	Wed. Dec. 11	6:00 pm - 8:00 pm	Session 6
(Zoom session)			(Zoom session)		
Thurs. Sept. 19	6:00 pm - 8:00 pm	Session 6	Thurs. Dec. 12	6:00 pm - 8:00 pm	Session 3
(Zoom session)			(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