

**Becoming a Mom® Prenatal Education Classes
July – December 2024 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 frytr@salinecountys.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 15	3:30 pm - 5:30 pm	Session 4	Mon. Oct. 21	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	Tues. Oct. 22	6:00 pm - 8:00 pm	Session 1
(Zoom sessions)	6:00 pm - 8:00 pm	Session 4	(In-person session)		
** only 2 day/evening sessions held in July **			Wed. Oct. 23	6:00 pm - 8:00 pm	Session 4
			(Zoom session)		
			Thurs. Oct. 24	6:00 pm - 8:00 pm	Session 1
			(Zoom session)		
Mon. Aug. 19	3:30 pm - 6:00 pm	Session 5	Mon. Nov. 18	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	Tues. Nov. 19	6:00 pm - 8:00 pm	Session 2
(Zoom sessions)	6:00 pm - 8:30 pm	Session 5	(In-person session)		
** only 2 day/evening sessions held in August **			Wed. Nov. 20	6:00 pm - 8:30 pm	Session 5
			(Zoom session)		
			Thurs. Nov. 21	6:00 pm - 8:00 pm	Session 2
			(Zoom session)		
Mon. Sept. 16	3:30 pm - 5:30 pm	Session 6	Mon. Dec. 9	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
Tues. Sept. 17	6:00 pm - 8:00 pm	Session 6	Tues. Dec. 10	6:00 pm - 8:00 pm	Session 3
(In-person session)			(In-person session)		
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)		

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