

Prenatal & New Born Care Education Sessions

Hosted by Erin, RN
Special Guest Speaker Susan, IBCLC



3-Night Prenatal/Labour/Birth & Newborn Care Workshop

Whether this is your first pregnancy or fourth... knowledge is powerful. Enjoy a fun, interactive and informative class to help you transition into this new chapter. Connect with other expectant families while we cover a variety of topics. Let us become part of a community again.

Topics to be covered:

- ▶ Pregnancy 101: Body and Emotional Changes - how to cope and support
- ▶ Labour & Birth Preparation / Delivering at Ross Memorial Hospital/Home Birth
- ▶ Postpartum Planning and Support - Care for you, your newborn and your partner

- ▶ Newborn Care & Safety
- ▶ Breastfeeding & Newborn Feeding

When: Session 1: Thursday November 16th
Session 2: Thursday November 23rd
Session 3: Thursday November 30th

Where: Midwives of Lindsay and the Lakes
41 Russell St. W
Lindsay, ON

Time: 6pm to 8:30pm

Cost: \$145 per pregnant person (includes support person/partner, snacks and refreshments)

Call or email Erin to Register!

(Classes requires min. 4 participants to run)

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