

## 2012 Birth and Baby Care Classes

*The following are the 2012 Birth and Baby Care Class dates and locations. Registration is required and must be completed online.*

### Childbirth Preparation Classes

#### Childbirth Series (Sunday Evening):

All Childbirth Preparation Classes are for 4 consecutive weeks at Methodist West Hospital and begin at 6:00 pm in Conference Room 1 and 2 **or** Conference Room 3 and 4.

January 15 <sup>th</sup> – Conference Room 3 and 4	February 26 <sup>th</sup> – Conference Room 3 and 4
April 15 <sup>th</sup> – Conference Room 1 and 2	May 20 <sup>th</sup> – Conference Room 1 and 2
July 22 <sup>nd</sup> – Conference Room 1 and 2	September 9 <sup>th</sup> – Conference Room 1 and 2
October 21 <sup>st</sup> – Conference Room 1 and 2	

#### Childbirth Series (Monday Evening):

All Childbirth Preparation Classes are for 4 consecutive weeks at Iowa Methodist Medical Center at 6:00 pm in Thompson Auditorium.

January 9 <sup>th</sup>	February 13 <sup>th</sup>
March 26 <sup>th</sup>	April 23 <sup>rd</sup>
May 21 <sup>st</sup>	July 16 <sup>th</sup>
August 20 <sup>th</sup>	October 1 <sup>st</sup>
November 5 <sup>th</sup>	

#### Childbirth Series (Tuesday Evening):

All Childbirth Preparation Classes are for 4 consecutive weeks at Methodist West Hospital at 6:00 pm in Conference Room 1 and 2 **or** Conference Room 3 and 4.

January 3 <sup>rd</sup> – Conference Room 3 and 4	February 7 <sup>th</sup> – Conference Room 3 and 4
March 6 <sup>th</sup> – Conference Room 3 and 4	April 17 <sup>th</sup> – Conference Room 1 and 2
May 22 <sup>nd</sup> – Conference Room 1 and 2	July 17 <sup>th</sup> – Conference Room 1 and 2
August 21 <sup>st</sup> – Conference Room 1 and 2	September 25 <sup>th</sup> – Conference Room 1 and 2
October 30 <sup>th</sup> – Conference Room 1 and 2	

## Childbirth Series (Thursday Evening):

All Childbirth Preparation Classes are for 4 consecutive weeks at Iowa Methodist Medical Center at 6:00 pm in Dorner Auditorium.

January 5 <sup>th</sup>	February 9 <sup>th</sup>
March 29 <sup>th</sup>	April 26 <sup>th</sup>
May 24 <sup>th</sup>	July 19 <sup>th</sup>
August 23 <sup>rd</sup>	September 27 <sup>th</sup>
November 1 <sup>st</sup>	

## Childbirth Express Class:

All Express Classes are held at Iowa Methodist Medical Center at 9:00 am in Thompson Auditorium **or** Bierring Dining Room (for the month of February only).

January 7 <sup>th</sup>	January 21 <sup>st</sup>
February 4 <sup>th</sup> – Bierring Dining Room	February 25 <sup>th</sup> – Bierring Dining Room
March 10 <sup>th</sup>	March 31 <sup>st</sup>
April 14 <sup>th</sup>	April 28 <sup>th</sup>
May 5 <sup>th</sup>	May 19 <sup>th</sup>
June 2 <sup>nd</sup>	June 16 <sup>th</sup>
July 7 <sup>th</sup>	July 28 <sup>th</sup>
August 25 <sup>th</sup>	
September 8 <sup>th</sup>	September 22 <sup>nd</sup>
October 6 <sup>th</sup>	October 20 <sup>th</sup>
November 3 <sup>rd</sup>	November 17 <sup>th</sup>
December 1 <sup>st</sup>	December 15 <sup>th</sup>

## Twins or More Class:

All Twins Classes are for 4 consecutive weeks and are held at Iowa Methodist Medical Center at 6:00 pm in Bierring Dining Room.

January 11 <sup>th</sup>	February 22 <sup>nd</sup>
April 4 <sup>th</sup>	May 16 <sup>th</sup>
July 11 <sup>th</sup>	September 19 <sup>th</sup>
November 28 <sup>th</sup>	

## Parenting Preparation Classes

### Baby Care:

All Baby Care Classes are held at Iowa Methodist Medical Center at 6:00 pm in Kelly Conference Room or Thompson Auditorium.

January 11 <sup>th</sup>	February 8 <sup>th</sup>
March 7 <sup>th</sup> – Thompson Auditorium	April 11 <sup>th</sup>
May 9 <sup>th</sup>	June 13 <sup>th</sup>
July 11 <sup>th</sup>	August 8 <sup>th</sup>
September 12 <sup>th</sup>	October 10 <sup>th</sup>
November 14 <sup>th</sup>	December 12 <sup>th</sup>

### Baby Finance Class:

All Baby Finance Classes are held at Iowa Methodist Medical Center at 6:00 pm in Thompson Auditorium.

February 21 <sup>st</sup>	April 10 <sup>th</sup>
June 12 <sup>th</sup>	August 14 <sup>th</sup>
October 9 <sup>th</sup>	December 11 <sup>th</sup>

### Breastfeeding (Wednesday Evening):

All Breastfeeding Classes are held at Iowa Methodist Medical Center at 6:30 pm in Thompson Auditorium.

January 18 <sup>th</sup>	February 15 <sup>th</sup>
March 28 <sup>th</sup>	April 18 <sup>th</sup>
May 23 <sup>rd</sup>	June 20 <sup>th</sup>
July 18 <sup>th</sup>	August 15 <sup>th</sup>
September 19 <sup>th</sup>	October 17 <sup>th</sup>
November 14 <sup>th</sup>	December 19 <sup>th</sup>

### Breastfeeding (Sunday Afternoon):

All Breastfeeding Classes are held at Iowa Methodist Medical Center at 3:00 pm in Thompson Auditorium.

April 15 <sup>th</sup>	May 20 <sup>th</sup>
June 10 <sup>th</sup>	July 15 <sup>th</sup>
August 19 <sup>th</sup>	September 16 <sup>th</sup>
October 21 <sup>st</sup>	November 18 <sup>th</sup>
December 16 <sup>th</sup>	

## Father's Class:

Father's Classes in January will be held at Iowa Lutheran at 6:00 pm in Conference Room 1. All remaining classes will be held at Iowa Methodist Medical Center at 6:00 pm in Dornier Auditorium

January 10 <sup>th</sup>	March 13 <sup>th</sup>
May 8 <sup>th</sup>	July 10 <sup>th</sup>
September 11 <sup>th</sup>	November 13 <sup>th</sup>

## New Parent Group Sessions

### Beyond Birth: The First Year

This weekly education and support group is for parents and babies from birth to one year. This group meets every Wednesday from 10 a.m. to Noon at Iowa Lutheran Hospital in Conference Room 1. Registration is not required for this class.

### Breastfeeding Support Group

Our lactation consultants will direct a group discussion and will be available to answer questions. Join us every Wednesday from 1-2 p.m. at Iowa Lutheran Hospital in Conference Room 1 or from 6-7 p.m. at Methodist West Hospital in the OB Conference Room. Registration is not required for this class.