

# Becoming a Mom® Prenatal Education Classes

## 2023 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 [tricia.fry@sschd.org](mailto:tricia.fry@sschd.org)

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.

|                                             |                                                                            |                        |                                                                                           |                                                                            |                        |
|---------------------------------------------|----------------------------------------------------------------------------|------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------|
| <b>Mon. Jan. 16</b>                         | <b>*** HOLIDAY** NO SESSIONS **</b><br><b>*** HOLIDAY** NO SESSIONS **</b> |                        | <b>Mon. Apr. 17</b>                                                                       | 3:30 pm - 5:30 pm<br>(In-person sessions) 6:00 pm - 8:00 pm                | Session 1<br>Session 4 |
| <b>Tues. Jan. 17</b><br>(In-person session) | 6:00 pm - 8:00 pm                                                          | Session 4              | <b>Tues. Apr. 18</b><br>(In-person session)                                               | 6:00 pm - 8:00 pm                                                          | Session 1              |
| <b>Wed. Jan. 18</b><br>(Zoom session)       | 6:00 pm - 8:00 pm                                                          | Session 1              | <b>Wed. Apr. 19</b><br>(Zoom session)                                                     | 6:00 pm - 8:00 pm                                                          | Session 4              |
| <b>Thurs. Jan. 19</b><br>(Zoom session)     | 6:00 pm - 8:00 pm                                                          | Session 4              | <b>Thurs. Apr. 20</b><br>(Zoom session)                                                   | 6:00 pm - 8:00 pm                                                          | Session 1              |
| <b>Mon. Feb. 20</b>                         | <b>*** HOLIDAY** NO SESSIONS **</b><br><b>*** HOLIDAY** NO SESSIONS **</b> |                        | <b>Mon. May 15</b>                                                                        | 3:30 pm - 5:30 pm<br>(In-person sessions) 6:00 pm - 8:30 pm                | Session 2<br>Session 5 |
| <b>Tues. Feb. 21</b><br>(In-person session) | 6:00 pm - 8:30 pm                                                          | Session 5              | <b>Tues. May 16</b><br>(In-person session)                                                | 6:00 pm - 8:00 pm                                                          | Session 2              |
| <b>Wed. Feb. 22</b><br>(Zoom session)       | 6:00 pm - 8:00 pm                                                          | Session 2              | <b>Wed. May 17</b><br>(Zoom session)                                                      | 6:00 pm - 8:30 pm                                                          | Session 5              |
| <b>Thurs. Feb. 23</b><br>(Zoom session)     | 6:00 pm - 8:30 pm                                                          | Session 5              | <b>Thurs. May 18</b><br>(Zoom session)                                                    | 6:00 pm - 8:00 pm                                                          | Session 2              |
| <b>Mon. Mar. 20</b>                         | 3:30 pm - 5:30 pm<br>(In-person sessions) 6:00 pm - 8:00 pm                | Session 6<br>Session 3 | <b>Mon. June 19</b>                                                                       | <b>*** HOLIDAY** NO SESSIONS **</b><br><b>*** HOLIDAY** NO SESSIONS **</b> |                        |
| <b>Tues. Mar. 21</b><br>(In-person session) | 6:00 pm - 8:00 pm                                                          | Session 6              | <b>Tues. June 20</b><br>(Zoom sessions)                                                   | 3:30 pm - 5:30 pm<br>6:00 pm - 8:00 pm                                     | Session 6<br>Session 3 |
| <b>Wed. Mar. 22</b><br>(Zoom session)       | 6:00 pm - 8:00 pm                                                          | Session 3              | <b>** June, July and August months will only have 2 day/evening sessions available **</b> |                                                                            |                        |
| <b>Thurs. Mar. 23</b><br>(Zoom session)     | 6:00 pm - 8:00 pm                                                          | Session 6              |                                                                                           |                                                                            |                        |

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

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**Mon. July 17**      3:30 pm - 5:30 pm      Session 4  
 (In-person sessions) 6:00 pm - 8:00 pm      Session 1

**Tues. July 18**      3:30 pm - 5:30 pm      Session 1  
 (Zoom sessions)    6:00 pm - 8:00 pm      Session 4

**\*\* only 2 day/evening sessions held in July \*\***

**Mon. Aug. 21**      3:30 pm - 6:00 pm      Session 5  
 (In-person sessions) 6:00 pm - 8:00 pm      Session 2

**Tues. Aug. 22**      3:30 pm - 5:30 pm      Session 2  
 (Zoom sessions)    6:00 pm - 8:30 pm      Session 5

**\*\* only 2 day/evening sessions held in August \*\***

**Mon. Sept. 18**      3:30 pm - 5:30 pm      Session 6  
 (In-person sessions) 6:00 pm - 8:00 pm      Session 3

**Tues. Sept. 19**      6:00 pm - 8:00 pm      Session 6  
 (In-person session)

**Wed. Sept. 20**      6:00 pm - 8:00 pm      Session 3  
 (Zoom session)

**Thurs. Sept. 21**    6:00 pm - 8:00 pm      Session 6  
 (Zoom session)

**Mon. Oct. 16**      3:30 pm - 5:30 pm      Session 1  
 (In-person sessions) 6:00 pm - 8:00 pm      Session 4

**Tues. Oct. 17**      6:00 pm - 8:00 pm      Session 1  
 (In-person session)

**Wed. Oct. 18**      6:00 pm - 8:00 pm      Session 4  
 (Zoom session)

**Thurs. Oct. 19**    6:00 pm - 8:00 pm      Session 1  
 (Zoom session)

**Mon. Nov. 13**      3:30 pm - 5:30 pm      Session 2  
 (In-person sessions) 6:00 pm - 8:30 pm      Session 5

**Tues. Nov. 14**      6:00 pm - 8:00 pm      Session 2  
 (In-person session)

**Wed. Nov. 15**      6:00 pm - 8:30 pm      Session 5  
 (Zoom session)

**Thurs. Nov. 16**    6:00 pm - 8:00 pm      Session 2  
 (Zoom session)

**Mon. Dec. 11**      3:30 pm - 5:30 pm      Session 3  
 (In-person sessions) 6:00 pm - 8:00 pm      Session 6

**Tues. Dec. 12**      6:00 pm - 8:00 pm      Session 3  
 (In-person session)

**Wed. Dec. 13**      6:00 pm - 8:00 pm      Session 6  
 (Zoom session)

**Thurs. Dec. 14**    6:00 pm - 8:00 pm      Session 3  
 (Zoom session)

Session 1 – Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy  
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