

# 2021 Childbirth Classes

## Advocate Sherman Hospital and Well Child Center

Bring to you

### Free Prenatal Zoom Classes\*



**Tuesdays**

**5:00 p.m. - 6:30 p.m.**

February 2 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

February 9 – Epidurals, Cesarean Section and Post-partum depression

February 16 – Breastfeeding – Latching, positions

February 23 – Newborn Care – Diapering, Holding, Bathing / Nutrition

March 2 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

March 9 – Epidurals, Cesarean Section and Post-partum depression

March 16 – Breastfeeding – Latching, positions

March 23 – Newborn Care – Diapering, Holding, Bathing / Nutrition

**Register today with your WIC nutritionist**

**Questions??** Contact: Chayo Topete 630-391-0001 [ctopete@wellchildcenter.org](mailto:ctopete@wellchildcenter.org)

\*Normally you would pay \$175 to take these classes at the hospital, but they are free if you are enrolled in WIC

**An infant car seat will be raffled at the end of each series**



We are **AdvocateAuroraHealth**

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April 6 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

April 13 – Epidurals, Cesarean Section and Post-partum depression

April 20 – Breastfeeding – Latching, positions

April 27 – Newborn Care – Diapering, Holding, Bathing / Nutrition

May 4 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

May 11 – Epidurals, Cesarean Section and Post-partum depression

May 18 – Breastfeeding – Latching, positions

May 25 – Newborn Care – Diapering, Holding, Bathing / Nutrition

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June 1 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

June 8 – Epidurals, Cesarean Section and Post-partum depression

June 15 – Breastfeeding – Latching, positions

June 22 – Newborn Care – Diapering, Holding, Bathing / Nutrition

July 6 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

July 13 – Epidurals, Cesarean Section and Post-partum depression

July 20 – Breastfeeding – Latching, positions

July 27 – Newborn Care – Diapering, Holding, Bathing / Nutrition

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August 3 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

August 10 – Epidurals, Cesarean Section and Post-partum depression

August 17 – Breastfeeding – Latching, positions

August 24 – Newborn Care – Diapering, Holding, Bathing / Nutrition

September 7 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

September 14– Epidurals, Cesarean Section and Post-partum depression

September 21 – Breastfeeding – Latching, positions

September 28 – Newborn Care – Diapering, Holding, Bathing / Nutrition

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October 5 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

October 12 – Epidurals, Cesarean Section and Post-partum depression

October 19 – Breastfeeding – Latching, positions

October 26 – Newborn Care – Diapering, Holding, Bathing / Nutrition

November 2 – Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term labor

November 9 – Epidurals, Cesarean Section and Post-partum depression

November 16 – Breastfeeding – Latching, positions

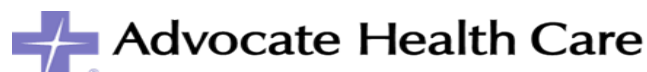
November 23 – Newborn Care – Diapering, Holding, Bathing / Nutrition

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