

2026 Childbirth Classes

Free Prenatal Zoom Classes brought to you by Advocate Sherman Hospital and Well Child Center

Tuesdays

5:00p – 7:00p

Week 1: Labor & Delivery, Pre-Eclampsia, Diabetes and Pre-term Labor

Week 2: Doula's, Epidurals, Cesarean Section and Post-partum Depression

Week 3: Breastfeeding – Advantages, Latching, Positions, Overcoming Challenges

Week 4: Newborn Care – Diapering, Holding, Bathing, Fussy Baby

February	3, 10, 17, 24
March	3, 10, 17, 24
April	7, 14, 21, 28
May	5, 7 (Thurs), 12, 19
June	2, 16, 23, 30
July	7, 14, 21, 28
August	4, 11, 18, 25
September	1, 8, 15, 22
October	6, 13, 20, 27
November	3, 10, 17, 24



Register today with your WIC Nutritionist!

A Diaper Bag Backpack, Multifunctional Baby Changing Bag with Foldable Crib & Insulated Milk Bottle Pockets will be raffled at the end of each class series.

Contact the Well Child Center to learn more. (630) 391-0001 or (224) 828-1479



This institution is an equal opportunity provider.