

## Pregnancy and Birth Preparation Classes Timeline

Classes	12-24 weeks	24-32 weeks	32-40 weeks	After baby is born
Becoming Grandparents	X	X	X	
Marvelous Multiples	X	X		
Prenatal Breastfeeding	X	X	X	
Safety First	X	X	X	
Baby Basics		X	X	
Boot Camp for New Dads		X	X	
Car Seats 101		X	X	
Labor & Birth class #1 ♦		X	X	
Preparing for the Unexpected class #2 ♦		X	X	
Comfort Skills Part 1 class #3 ♦		X	X	
Comfort Skills Part 2 class #4 ♦		X	X	
Medicated Birth Options class #5 ♦		X	X	
<b>Optional: Childbirth Block Class:</b> Labor & Birth and Comfort Skills (condensed version of Parts 1 & 2)		X	X	
<b>Optional: Childbirth Series:</b> consist of the 1 class weekly for 5 weeks of each of the childbirth classes that have ♦ after them)		X	X	
Birth to Home			X	
Brothers & Sisters Class			X	
Happiest Baby (\$15 fee prepaid fee payable by credit card only)			X	X
Diapering with Cloth		X	X	X
<b>Support Groups</b>				
Breastfeeding Friends (weekly group for mothers - babies welcome)				X

St. Luke’s reserves the right to cancel classes as necessary, such as bad weather, instructor illness, etc.  
 For more information about any of our classes, call 319-369-7166 or online at [www.unitypoint.org](http://www.unitypoint.org)