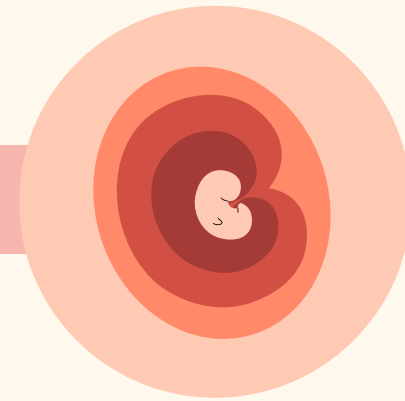


WHEN TO TAKE PARENTING CLASSES

PARENT EDUCATION TIMELINE

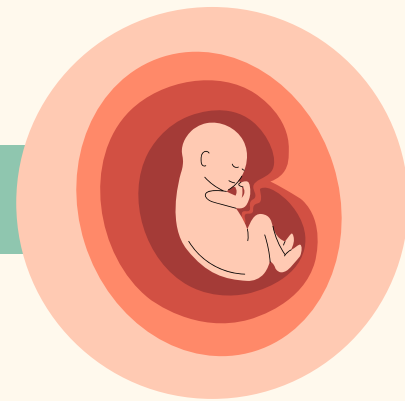
FIRST TRIMESTER



Conception - 12 Weeks

- Prenatal Education

SECOND TRIMESTER



12 Weeks - 28 Weeks

- Breastfeeding 101

THIRD TRIMESTER



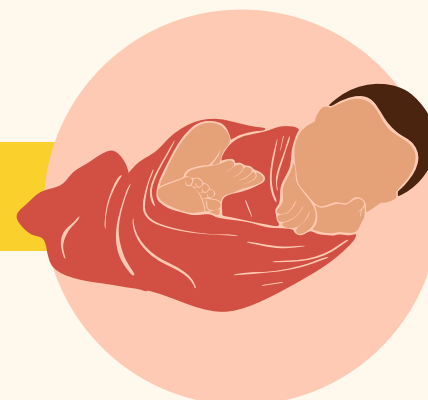
28 - 32 Weeks

- Lamaze (any 1)
 - Traditional
 - Crash Course
 - Labor Skills
- GMHA Orientation
- C-Section (as needed)

32 - 40 Weeks

- Parenting Safety
- Baby Daddy
- C-Section Prep

POST DELIVERY



With Baby

- 1:1 Breastfeeding Consultation
- Breastfeeding Socials

