

## Two Registration Options

1. **Register online** using credit or debit card at: [www.carrishealth.com](http://www.carrishealth.com) and click on Find Classes & Events. *Choose the sessions/dates that work for your pregnancy and schedule.*
2. **Register by mail** using a check or money order for payment. Click on the print/mail registration link at [www.carrishealth.com](http://www.carrishealth.com) and click on Find Classes & Events. *Choose the sessions/dates that work for your pregnancy and schedule.*

*Print and mail along with your payment (to Carris Health-Rice Memorial Hospital) to:*

Pregnancy to Parenting  
Education Dept  
Carris Health-Rice Memorial Hospital  
301 Becker Ave SW  
Willmar, MN 56201

**Call Education at 320-231-8920 if you need help with registration.**

### Cost:

- **\$50 for the complete Pregnancy to Parenting series** ~ which includes three classes, *Gift of Motherhood* booklet, and a *Breastfeeding* booklet.
- **\$25 for the Express Series** ~ which includes one class, and either the *Gift of Motherhood* booklet or the *Breastfeeding* booklet.

## Questions

Please call 320-231-7800 and ask about **Childbirth Education Classes, and additional breastfeeding classes and support.**

## Community Resources

**Kandiyohi County Health and Human Services**—320-231-7800—  
Certified Lactation Specialists and Educators—[www.co.kandiyohi.mn.us/depts/PublicHealth](http://www.co.kandiyohi.mn.us/depts/PublicHealth)

**Carris Health – Rice Memorial Hospital**  
320-231-4420—Obstetrical Nurses and Lactation Information

**WIC—Women, Infant, and Children Nutrition Program**—320-231-7066—  
provides:

- Nutritional Education
- Food Packages for eligible pregnant and breastfeeding women, infants, and children to age 5.

**Willmar Community Education**  
320-231-8490—Early Childhood Programs—[www.willmar.k12.mn.us/domain/1066](http://www.willmar.k12.mn.us/domain/1066)

**These institutions are equal opportunity providers and employers;**



## Pregnancy to Parenting ~ 2020



### A Childbirth Education Series

designed to give you a variety of learning experiences.

*"This was a great class! I learned a lot of helpful things."*

*"Very informative—I learned what to expect after the baby was born."*

*"Presenters were great and very knowledgeable!"*

Presented by ~  
**Carris Health-Rice Memorial Hospital & Kandiyohi County Health & Human Services Public Health**

**This program consists of three classes taught by experienced nurses.**

### **Class 1: All About Newborns**



Learn about and review ~

- Newborn appearance and health concerns with **a local pediatrician**
- Car seat safety
- Baby dental health & early learning opportunities
- Infant attachment

### **Class 2: Breastfeeding**



Learn about and review ~

- Benefits of breastfeeding
- How to breastfeed
- Breastfeeding after you return to work
- Common concerns

### **Class 3: Preparing for Delivery**



Learn about and review ~

- When to go to the hospital
- Medication used during delivery
- Comfort techniques
- Tour of Women & Children's Care unit and Birthing Suites ~ Carris Health-Rice Memorial Hospital

### **Other great online resources to prepare for parenting**

- [www.familydoctor.org](http://www.familydoctor.org) Family Health & Wellness
- [www.acog.org](http://www.acog.org) Women's Healthcare
- [www.nhtsa.org](http://www.nhtsa.org) Car Seat Safety
- [www.llli.org](http://www.llli.org) La Leche League International
- [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding) Centers for Disease Control
- [www.thebump.com](http://www.thebump.com) Pregnancy & Baby Development
- [www.healthychildren.org](http://www.healthychildren.org) Prenatal & Child Development



### **Classes on Tuesdays**

**6:00—8:15 pm**

Lakeland Auditorium (lower level)  
Lakeland Health Center  
502 2nd Street SW, Willmar, 56201

### **2020 Class Schedule**

#### **January 2020**

January 7—All About Newborns  
January 14—Breastfeeding  
January 21—Preparing for Delivery

#### **March 2020**

March 10—All About Newborns  
March 17—Breastfeeding  
March 24—Preparing for Delivery

#### **May 2020**

May 5—All About Newborns  
May 12—Breastfeeding  
May 19—Preparing for Delivery

#### **July 2020**

July 14—All About Newborns  
July 21—Breastfeeding  
July 28—Preparing for Delivery

#### **September 2020**

September 15—All About Newborns  
September 22—Breastfeeding  
September 29—Preparing for Delivery

#### **November 2020**

November 3—All About Newborns  
November 10—Breastfeeding  
November 17—Preparing for Delivery