

Look at the gifts that you will be able to choose from by attending these group sessions!



- **** You may choose one item from the above groups, based on the number of sessions completed.
- **** In addition to these prizes, get other gifts during sessions as well!!
- **** Attend your Dr. prenatal visit and attend that month's session and you will receive a bag of 10 diapers (5 size NB & 5 size 1)!

“Becoming a Mom” has been made possible by a partnership between the following community agencies:



Femme Clinique

“Becoming a Mom”

Prenatal Group





Being pregnant and having a new baby is a wonderful experience, yet it can be scary too!

.....

Whether you are experiencing a pregnancy for the first time or the fourth time, each experience is different and can create new challenges and concerns.

.....

The more you can learn with each pregnancy, the better you will be able to care for yourself and your baby and the healthier you both will be.

That's why we are now providing group education sessions to all pregnant patients who receive their prenatal care in Salina.

.....

These group sessions are called ***“Becoming a Mom”***

They will help you:

- interact with other pregnant women
- share your experiences and concerns
- learn more about common pregnancy experiences
- learn more about labor and delivery
- learn how to be successful with breastfeeding
- learn how to calm your baby

Come learn and earn ***free baby gifts*** for attending. Gifts include diapers and other baby items.

“Becoming a Mom” Group Schedule

.....

Session 1 - Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy

Session 2 - Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy

Session 3 - Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter

Session 4 - Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding even for the Experienced Breastfeeding Mom

Session 5 - Infant Care / Happiest Baby on the Block / Period of Purple Crying / SIDS Risk Reduction / Safe Car Seat Installation

Session 6 - Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies

.....

Sessions are held 3rd week of the month; ask your doctor for the group schedule

Call your doctor to register for “Becoming a Mom” Group

.....

Childcare is also available during Group, but **must** be registered for in advance

