

Becoming a Mom® Prenatal Education Classes

All in-person sessions are held at the Saline County Health Department, 125 W. Elm St., Salina

Monday and Tuesday sessions will be held in-person;
Wednesday and Thursday sessions will be held via zoom

** Child care is NOT available **

** Masks are strongly recommended but not mandatory (subject to change) **

If you want to schedule or reschedule your sessions; please contact Tricia at 785-826-6600 ext. 7334;
text 785-819-6005 or email tricia.fry@sschd.org

Monday, January 17	*** HOLIDAY** NO SESSIONS **	
Tuesday, January 18 (in person session)	6:00 p.m. - 8:00 p.m.	Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Wednesday, January 19 (Zoom session)	6:00 p.m. - 8:00 p.m.	Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Thursday, January 20 (Zoom session)	6:00 p.m. - 8:00 p.m.	Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Monday, February 21	*** HOLIDAY** NO SESSIONS **	
Tuesday, February 22 (In-person session)	6:00 p.m. - 8:00 p.m.	Infant Care / <i>Happiest Baby on the Block</i> / <i>Period of Purple Crying</i> / SIDS Risk Reduction/Safe Car Seat Installation
Wednesday, February 23 (Zoom session)	6:00 p.m. - 8:00 p.m.	Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Thursday, February 24 (Zoom session)	6:00 p.m. - 8:00 p.m.	Infant Care / <i>Happiest Baby on the Block</i> / <i>Period of Purple Crying</i> / SIDS Risk Reduction/Safe Car Seat Installation
Monday, March 21 (In Person Session)	3:30 pm - 5:30 pm	Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies
Monday, March 21 (In Person Session)	6:00 p.m. - 8:00 p.m.	Signs and Symptoms of Preterm Labor / Labor and Delivery / Why The Last Weeks of Pregnancy Matter
Tuesday, March 22 (In-person session)	6:00 p.m. - 8:00 p.m.	Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies
Wed. Mar. 23 (Zoom session)	6:00 p.m. - 8:00 p.m.	Signs and Symptoms of Preterm Labor / Labor and Delivery / Why The Last Weeks of Pregnancy Matter
Thursday, March 24 (Zoom session)	6:00 p.m. - 8:00 p.m.	Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies
Monday, April 18 (In Person Session)	3:30 pm - 5:30 pm	Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in

		Pregnancy
Monday, April 18 (In Person Session)	6:00 p.m. - 8:00 p.m.	Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Tuesday, April 19 (In Person Session)	6:00 p.m. - 8:00 p.m.	Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Wednesday, April 20 (Zoom session)	6:00 p.m. - 8:00 p.m.	Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Thursday, April 21 (Zoom session)	6:00 p.m. - 8:00 p.m.	Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Monday, May 16 (In Person Session)	3:30 pm - 5:30 pm	Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Monday, May 16 (In Person Session)	6:00 p.m. - 8:00 p.m.	Infant Care / <i>Happiest Baby on the Block</i> / <i>Period of Purple Crying</i> / SIDS Risk Reduction/Safe Car Seat Installation
Tuesday, May 17 (In-person session)	6:00 p.m. - 8:00 p.m.	Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Wednesday, May 18 (Zoom session)	6:00 p.m. - 8:00 p.m.	Infant Care / <i>Happiest Baby on the Block</i> / <i>Period of Purple Crying</i> / SIDS Risk Reduction/Safe Car Seat Installation
Thursday, May 19 (Zoom session)	6:00 p.m. - 8:00 p.m.	Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Mon. June 20	*** HOLIDAY** NO SESSIONS **	
Tuesday, June 21 (Zoom Session)	3:30 pm - 5:30 pm	Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies
Tuesday, June 21 (Zoom Session)	6:00 p.m. - 8:00 p.m.	Signs and Symptoms of Preterm Labor / Labor and Delivery / Why The Last Weeks of Pregnancy Matter
** June, July and August months will only have 2 day/evening sessions available **		
Monday, July 18 (In Person Session)	3:30 pm - 5:30 pm	Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Monday, July 18 (In Person Session)	6:00 p.m. - 8:00 p.m.	Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Tuesday, July 19 (Zoom Session)	3:30 pm - 5:30 pm	Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Tuesday, July 19 (Zoom Session)	6:00 p.m. - 8:00 p.m.	Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the

		Experienced Breastfeeding Mom
** only 2 day/evening sessions held in July **		
Monday, August 15 (In Person Session)	3:30 pm - 5:30 pm	Infant Care / <i>Happiest Baby on the Block</i> / <i>Period of Purple Crying</i> / SIDS Risk Reduction/Safe Car Seat Installation
Monday, August 15 (In Person Session)	6:00 p.m. - 8:00 p.m.	Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Tuesday, August 16 (Zoom Session)	3:30 pm - 5:30 pm	Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Tuesday, August 16 (Zoom Session)	6:00 p.m. - 8:00 p.m.	Infant Care / <i>Happiest Baby on the Block</i> / <i>Period of Purple Crying</i> / SIDS Risk Reduction/Safe Car Seat Installation
** only 2 day/evening sessions held in August **		
Monday, September 19 (In Person Session)	3:30 pm - 5:30 pm	Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies
Monday, September 19 (In Person Session)	6:00 p.m. - 8:00 p.m.	Signs and Symptoms of Preterm Labor / Labor and Delivery / Why The Last Weeks of Pregnancy Matter
Tuesday, September 20 (In-person session)	6:00 p.m. - 8:00 p.m.	Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies
Wednesday, September 21 (Zoom Session)	6:00 p.m. - 8:00 p.m.	Signs and Symptoms of Preterm Labor / Labor and Delivery / Why The Last Weeks of Pregnancy Matter
Thursday, September 22 (Zoom session)	6:00 p.m. - 8:00 p.m.	Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies
Monday, October 17 (In Person Session)	3:30 pm - 5:30 pm	Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Monday, October 17 (In Person Session)	6:00 p.m. - 8:00 p.m.	Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Tuesday, October 18 (In-person session)	6:00 p.m. - 8:00 p.m.	Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Wednesday, October 19 (Zoom session)	6:00 p.m. - 8:00 p.m.	Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Thursday, October 20 (Zoom session)	6:00 p.m. - 8:00 p.m.	Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy
Monday, November 14 (In Person Session)	3:30 pm - 5:30 pm	Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Monday, November 14 (In Person Session)	6:00 p.m. - 8:00 p.m.	Infant Care / <i>Happiest Baby on the Block</i> / <i>Period of Purple Crying</i> / SIDS Risk

		Reduction/Safe Car Seat Installation
Tuesday, November 15 (In-person session)	6:00 p.m. - 8:00 p.m.	Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Wednesday, November 16 (Zoom session)	6:00 p.m. - 8:00 p.m.	Infant Care / <i>Happiest Baby on the Block</i> / <i>Period of Purple Crying</i> / SIDS Risk Reduction/Safe Car Seat Installation
Thursday, November 17 (Zoom session)	6:00 p.m. - 8:00 p.m.	Session 2: Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy
Monday, December 12 (In person session)	3:30 pm - 5:30 pm	Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter
Monday, December 12 (In person session)	6:00 p.m. - 8:00 p.m.	Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies
Tuesday, December 13 (In-person session)	6:00 p.m. - 8:00 p.m.	Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter
Wednesday, December 14 (Zoom session)	6:00 p.m. - 8:00 p.m.	Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies
Thursday, December 15 (Zoom session)	6:00 p.m. - 8:00 p.m.	Signs and Symptoms of Preterm Labor / Labor and Delivery / Why The Last Weeks of Pregnancy Matter

https://www.srhc.com/services/infant-child-development/childbirth_infant_classes.php