

**FREE PRENATAL EDUCATION CLASSES FOR
NEW MEXICO HEALTH CONNECTIONS MEMBERS**

Loving Start: Lovelace Prenatal Education

All classes are offered at NO COST to New Mexico Health Connections members! * Register for classes by phone and have your insurance card ready.

BABY CARE BASICS

The idea of bringing home your newborn is both exciting and frightening. Baby Care Basics is designed to prepare you for the hands-on care of your newborn. This course is designed to help parents find the confidence to trust in their instincts while giving them the tools & knowledge to understand their newborn's needs.

This class teaches new parents the basics of dressing, diapering, bathing, important safe sleep practices and tips on how to calm a crying baby. Great for parents, grandparents and child care providers.

- One-time class
- Cost per couple: \$30

PREPARED CHILDBIRTH

While no one can tell you what your birth experience will be like, this class can help you feel prepared, confident and ready for the birth of your baby. Allow us to share valuable information and skills to help you prepare for your birth experience.

Lovelace Prepared Childbirth series coaches the expectant mom and dad/partner for labor and birth while providing information on the labor process, coping skills and postpartum adjustment. Partners will learn ways to support mom during labor.

- Offered in a 4 week course or a 2 week course
- Cost per couple: \$80

BREASTFEEDING BASICS

This introduction to breastfeeding class focuses on techniques for initiating nursing during the early minutes and months of your baby's life and provides tips on maintaining a successful breastfeeding journey.

Our International Board-Certified Lactation Consultants (IBCLC) and Certified Lactation Counselors (CLC) will teach you the basics of how to begin breastfeeding, discuss what you can expect during your hospital stay and answer common questions including how to be sure your baby is getting enough breast milk and what to do when you are ready to return to work. Dads/partners are encouraged to attend.

- One-time class
- Cost per couple: \$25

For class dates, times and locations, and to register, please visit www.lovelace.com/educationclasses or call 898.3030. Class times and dates are subject to change.



NEW PARENT GROUP

This group meets weekly at Lovelace Women's Hospital and is supported by March of Dimes, Lactation Consultant Nurses and our Social Work Department. Parents and infants are encouraged to attend together to meet other families, build relationships, and help each other grow into their new role as parents.

Our parents support one another in learning and using resources to manage stress, new baby time, breastfeeding, postpartum depression, normal growth and development and other topics of interest to group members. Open to parents with babies in their first year and to expectant parents.

- No registration or cost to attend.
- For more information on location and times, please call 505.727.6797.

YOGA CLASSES

In partnership with certified prenatal yoga instructors from High Desert Yoga, Lovelace Labor of Love is happy to offer free prenatal and postnatal "Mommy & Me" yoga classes to our clients at our Women's and Westside locations.

Prenatal yoga includes stretching, strengthening and special breathing techniques that can later help you during labor and delivery.

Mommy & Me Yoga is a fun way to connect with your baby, while enjoying gentle exercise.

- Classes are available to Lovelace Labor of Love members only.
 - Join Labor of Love by calling 505.727.7677 during your pregnancy or by visiting lovelace.com/laboroflove.
- Preregistration is required. Please call 505.898.3030 for yoga schedule and to register for classes.

LOVING HEALTH: WOMEN'S HEALTH SERIES

Join us for a free education series that will discuss a variety of women's health topics, ranging from preparing your children for siblings to postnatal fitness and intimacy. Class formats will vary and include seminars, webinars and YouTube videos.

Instructors are nurse midwives, doulas, physicians, Labor of Love staff and community educators.

- Free to attend
- Preregistration is required. Please call 505.898.3030 for schedule and to register for a seminar or webinar.

