Gallatin City-County Health Department offers

# Prenatal & Parenting Classes

## 2009 schedule January - June

All classes are held at the Gallatin City-County Health Department located at 215 W Mendenhall , in Bozeman.

**To register for a class, please call 582-3100.**

Classes are free & last approximately 1 1/2 hours.

For more information call 582-3100 or visit our website at www.gallatin.mt.gov/health
click on Human Services then click on Public Health Home Visitation

### BREASTFEEDING

January 6th 6:00pm
February 10th 1:30pm
March 3rd 6:00pm

Establishing & maintaining breastfeeding
Benefits of breastfeeding for mom & baby
Common questions and concerns
Community resources

April 7th 1:30pm
May 19th 6:00pm
June 23rd 1:30pm

### ARE YOU READY? LABOR AND DELIVERY

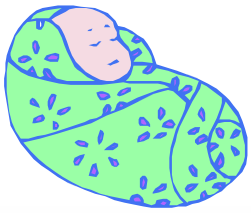
January 13th 6:00pm
February 10th 6:00pm
March 24th 6:00pm

Signs & stages of labor
Positioning and relaxation
Hospital routines

April 21st 6:00pm
May 12th 6:00pm
June 23rd 6:00pm

### ENJOYING YOUR NEWBORN

January 7th 1:30pm
February 11th 6:00pm
March 25th 1:30 pm

Newborn characteristics
Physical & emotional needs of mom & baby
Tips to guide you through babys development

April 22nd 6:00pm
May 20th 1:30pm
June 24th 6:00pm