

Prenatal & Parenting

2011 Schedule

All classes are held at the Gallatin City-County Health Department

Located at 215 W Mendenhall in Bozeman

To register for a class or for more information, please call 582-3100

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

Breastfeeding

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

July 20th at 6:00pm

August 17th at 1:30pm

September 21st at 6:00pm

October 19th at 1:30pm

November 16th at 6:00pm

December 14th at 1:30pm

Labor & Delivery

Signs & stages of Labor
Positioning & Relaxation
Hospital Routines

July 12th at 6:00pm

August 16th at 6:00pm

September 13th at 6:00pm

October 11th at 6:00pm

November 8th at 6:00pm

December 13th at 6:00pm

Enjoying Your Newborn

Newborn characteristics

Physical & emotional needs of mom & baby

Tips to guide you thru baby's development

July 6th @ 1:30pm

August 3rd at @ 6:00pm

September 6th @ 1:30pm

October 5th at 6:00pm

November 2nd at 1:30pm

December 7th at 6:00pm