

Becoming a Mom® Prenatal Education Classes
January – June 2024 schedule

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 **

If you want to schedule or reschedule your sessions; please contact Tricia at 785-826-6600 ext. 7334;
 text 785-819-6005 or email frytr@salinecountyks.gov

These are registered classes only. You must be pre-registered the day before the desired class you wish to attend.

Saline and McPherson County participants – after the delivery of your baby, a Maternal Child Health visit will occur with Sherri (Becoming a Mom® instructor/MCH nurse). This visit can be either a home visit or zoom.

Mon. Jan. 15	*** HOLIDAY** NO SESSIONS ** *** HOLIDAY** NO SESSIONS **		Mon. Apr. 15	3:30 pm - 5:30 pm (In-person sessions) 6:00 pm - 8:00 pm	Session 1 Session 4
Tues. Jan. 16 (In-person session)	6:00 pm - 8:00 pm	Session 4	Tues. Apr. 16 (In-person session)	6:00 pm - 8:00 pm	Session 1
Wed. Jan. 17 (Zoom session)	6:00 pm - 8:00 pm	Session 1	Wed. Apr. 17 (Zoom session)	6:00 pm - 8:00 pm	Session 4
Thurs. Jan. 18 (Zoom session)	6:00 pm - 8:00 pm	Session 4	Thurs. Apr. 18 (Zoom session)	6:00 pm - 8:00 pm	Session 1
Mon. Feb. 19	*** HOLIDAY** NO SESSIONS ** *** HOLIDAY** NO SESSIONS **		Mon. May 20	3:30 pm - 5:30 pm (In-person sessions) 6:00 pm - 8:30 pm	Session 2 Session 5
Tues. Feb. 20 (In-person session)	6:00 pm - 8:30 pm	Session 5	Tues. May 21 (In-person session)	6:00 pm - 8:00 pm	Session 2
Wed. Feb. 21 (Zoom session)	6:00 pm - 8:00 pm	Session 2	Wed. May 22 (Zoom session)	6:00 pm - 8:30 pm	Session 5
Thurs. Feb. 22 (Zoom session)	6:00 pm - 8:30 pm	Session 5	Thurs. May 23 (Zoom session)	6:00 pm - 8:00 pm	Session 2
Mon. Mar. 18	3:30 pm - 5:30 pm (In-person sessions) 6:00 pm - 8:00 pm	Session 6 Session 3	Mon. June 17	3:30 pm - 5:30 pm (In-person sessions) 6:00 pm - 8:00 pm	Session 3 Session 6
Tues. Mar. 19 (In-person session)	6:00 pm - 8:00 pm	Session 6	Tues. June 18	3:30 pm - 5:30 pm (Zoom sessions) 6:00 pm - 8:00 pm	Session 6 Session 3
Wed. Mar. 20 (Zoom session)	6:00 pm - 8:00 pm	Session 3			
Thurs. Mar. 21 (Zoom session)	6:00 pm - 8:00 pm	Session 6			

** June, July and August months will only
 have 2 day/evening sessions available **

<p>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 for even 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</p>
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** July-December 2024 schedule is on the backside of this page