

©All classes are free but you must be pregnant or have a child who is 36 months or younger©
For calendar updates visit our website @pregnancycare.org>SUPPORT>CLASSES

Mommas on the Move Class Snapshot

Core Class Requirements	Date – Class
Pregnancy Class	4/1 Understanding Pregnancy 4/8 Fetal Development 4/22 Prenatal Nutrition 4/24 Prenatal Exercise
Post-Partum Mom	4/1 The First Two Weeks 4/18 What is a Postpartum Doula?
Breastfeeding	4/11 Breastfeeding Basics
CPR	4/3 CPR
Car Seat Safety	4/10 Car Seat Safety
Childbirth	4/4 Childbirth
Parenting/Discipline	4/5 Born Learning 4/12 Positive Parenting & Born Learning 4/29 Child Hygiene and Potty Training
Child/Family Nutrition	4/22 Prenatal Nutrition 4/26 Childhood Nutrition
Free Choice	4/8 Story Time, 4/17 Easter Egg Hunt 4/22 Story Time
Safety Starts at Home	4/15 Safety Starts at Home
Bringing Baby Home	4/15 Bringing Baby Home
Illnesses & Immunizations	4/25 Illnesses & immunizations
SIDS & Shaken Baby Syndrome	4/11 SIDS & Shaken Baby Syndrome