UMMC Women’s Care

Prenatal Classes

- What to Expect
- Childbirth Preparation
- Lamaze
- Newborn Care
- Infant CPR
- Breastfeeding

2018 Class Schedule
What to Expect
Congratulations, you’re expecting! This class is for women in the first trimester of pregnancy. There are big changes coming your way, and we want to help you be prepared. Learn about the changes you will experience throughout your pregnancy as well as comfort measures and strategies for a healthy pregnancy and new beginning for your little one.

Classes held in Wiser Hospital room W020 from 10:00 - 11:00 am.
Jan 17       Apr 18       Aug 15

Childbirth Preparation
Learn about and prepare for labor and birth. Topics include labor and delivery, pain management, infant feeding, and postpartum care.

Classes held in Wiser Hospital room W020.
Thursday evenings from 6:00 - 9:00 pm.
Jan 18       Jun 7        Dec 13
Feb 22       Sep 20
May 24       Oct 18

Saturday mornings from 9:00 am - noon.
Mar 24       Nov 10
Jul 28

Lamaze
Lamaze, taught by certified Lamaze instructors, provides a more extensive look at pregnancy and birth. Classes also cover car seat safety, safe sleep, and safe prenatal exercise tips. Classes are held four consecutive weeks on Tuesday evenings.

Classes held in Wiser Hospital room W020 from 6:00 - 9:00 pm.
Apr 3–24    Aug 7–28

All classes are FREE. Registration is required.
Newborn Care/Infant CPR
This class is designed to give new parents confidence to care for a new baby. Taught by American Heart Association instructors, CPR Anytime® teaches correct CPR for infants. Basic infant care, normal newborn characteristics and behaviors, and common parental concerns are also covered.

Classes held in Wiser Hospital room W020 from 9:00 am - 12:30 pm.

Jan 27
Apr 7
July 14
Oct 13

Breastfeeding
This class is for mothers planning to breastfeed and those considering it. The class covers the advantages of breastfeeding for mother and baby, tips for a successful breastfeeding experience, breastfeeding techniques, and pumping and storing milk. There is also a time for discussion of common concerns of breastfeeding parents.

Classes held in Wiser Hospital room W020.

Wednesday afternoons from 12:30 - 1:30 pm.

Jan 3
Feb 7
Apr 4
May 2
Jun 6
Aug 1
Sep 5
Oct 3
Dec 5

Saturday afternoons from 1:00 - 2:00 pm.

Mar 24
Jul 28
Nov 10

Breastfeeding Support Group
A monthly breastfeeding support group is also available for mothers. The group meets the third Wednesday of every month from 2:00 - 3:00 pm. Meetings are held in Wiser Hospital room W548. Registration is not required. For more information, call 601.984.BABY.
Wiser Hospital Tours

The more familiar you are with your surroundings, the less intimidating labor will be. Find out where to enter the hospital when you arrive, where to park, and where to check in. View a typical combination labor and birth room and a postpartum room. Hospital tours are also a part of our Childbirth Preparation and Lamaze classes.

Tours begin at noon. Meet in the Wiser lobby.

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Wiser Hospital for Women and Infants

Address:
2500 N. State St.
Jackson, MS 39216

Nearest parking:
Garage B

Directions: From North State Street, turn onto campus from the stoplight at University Drive (across from Back Yard Burgers). Turn right. At the stop sign, turn left to continue on University Drive. Parking Garage B is on the right.

For more information and to register, call 601.984.BABY or visit umc.edu/prenatalclasses.

Baby Friendly USA, Inc. has designated the University of Mississippi Medical Center as a Baby-Friendly birth facility.