



# OB EDUCATION & CHILDBIRTH CLASSES

## April 2018

Truman Medical Center Health Sciences District 2301 Holmes Kansas City, MO 64108

| Sunday | Monday                    | Tuesday   | Wednesday                    | Thursday   | Friday                                       | Saturday   |
|--------|---------------------------|---|------------------------------|--|--|--|
| 1      | 2                         | 3   | 4                            | 5  | 6  | 7  |
|        | 2:30 -4 pm<br>Parent Cafe | 9-11 am<br>Diabetes Education<br>1-2:30 pm<br>Baby Cafe |                              | 1-3 pm En Español<br>Childbirth Class<br>Understanding pregnancy,<br>Natural Birth Techniques, tour        | 1-3 pm<br>Diabetes Education<br>(En Español) |  |
| 8      | 9                         | 10  | 11                           | 12   | 13   | 14   |
|        | 2:30 -4 pm<br>Parent Cafe | 9-11 am<br>Diabetes Education<br>1-2:30 pm<br>Baby Cafe |                              | 1-3 pm En Español<br>Childbirth Class<br>Understanding comfort techniques<br>medical procedures, c-section | 1-3 pm<br>Diabetes Education<br>(En Español) | 9 am - 4 pm<br>Childbirth class marathon<br>(If there are no class<br>participants by 9:30, class<br>will be canceled) |
| 15     | 16                        | 17  | 18                           | 19   | 20   | 21   |
|        | 2:30 -4 pm<br>Parent Cafe | 9-11 am<br>Diabetes Education<br>1-2:30 pm<br>Baby Cafe | 2-3:30 pm<br>Safe Sleep/SIDS | 1-3 pm En Español<br>Childbirth Class<br>Understanding post-partum,<br>newborn                             | 1-3 pm<br>Diabetes Education<br>(En Español) |  |
| 22     | 23                        | 24  | 25                           | 26   | 27   | 28   |
|        | 2:30 -4 pm<br>Parent Cafe | 9-11 am<br>Diabetes Education<br>1-2:30 pm<br>Baby Cafe |                              |  | 1-3 pm<br>Diabetes Education<br>(En Español) |  |
| 29     | 30                        |   |                              |  |  |  |
|        | 2:30 -4 pm<br>Parent Cafe |   |                              |  |  |  |

All classes are held in the Family Education Center on the 6th Floor by the GYN Specialty Clinic  
 Parent Cafe is a support group during pregnancy and after delivery. To register call 816-404-4404.  
 Baby Cafe is a breastfeeding support meeting for new mothers to attend after delivery. Once you deliver your baby at TMC Hospital Hill, attend 3 meetings and you receive an electric breast pump. Registration is required for childbirth classes To register, call 816-404-2846 or 816-404-4124.  
 Register at least 48 hours prior to class.  
**Lactation Services offer free, one-on-one, prenatal breastfeeding education. Call 404-0474 to schedule an appointment.**

We're Baby Friendly!

