

Baby Bundle

Save \$30 when you register for all three Healthy Beginnings classes:

- Pregnancy, Labor & Delivery
- Baby Care Boot Camp
- Infant Feeding & Safety

To register online for the Baby Bundle, place all three of these classes in your cart **before** checkout and then enter promo code BB30 at checkout. This discount is also available by phone.

Fee: \$120/couple* • \$30 savings • 5 sessions
12.5 hours of instruction

* Free for patients with Medicaid. See "Medicaid Coverage" for details.

Newborn Parenting Support Group

The Newborn Parenting support group meets weekly to address the unique concerns of new parents, including infant care and feeding. New topics are presented each week. Discussions focus on special needs of group participants. No registration is required. For more information, visit www.midmichigan.org/supportgroups and click on Parenting.

Free • 1-1/2 hours per week

Information and Registration

Visit www.midmichigan.org/childbirthed to view dates, times and locations and to register online. You may also call MidMichigan Health Line at (989) 837-9090 or toll-free at (800) 999-3199 for more information, or to register.

Classes fill quickly and space is limited. Please call to register as soon as your pregnancy is confirmed.



4000 Wellness Drive
Midland, Michigan 48670

www.midmichigan.org/childbirthed

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Childbirth & Parenting Classes

Preparing For Your Baby's Arrival



Prepared parents have an easier time adjusting to pregnancy and welcoming a new family member. At MidMichigan Health, our childbirth and parenting classes are taught by professional maternal-child educators who address your individual needs and questions. These classes help parents and caregivers navigate changes, understand your options and make informed decisions. Simply put, we provide expert information you can trust, just when you need it most.



*Medicaid Coverage

Healthy Beginnings classes are fully covered under Medicaid. Patients who are currently enrolled in Medicaid may enter their Medicaid number when registering for these classes to receive them free of charge. Please note, per Medicaid policy, patients must attend at least 50 percent of the class time and cover at least 50 percent of the class material. Patients who register and then fail to meet the attendance requirement will be responsible to pay for the class in full.

Need Help Paying for Classes?

Funding is also available for non-Medicaid patients to help make classes more affordable. If you need help covering the cost of these classes, contact Health Line toll-free **(800) 999-3199** or email health.line@midmichigan.org to ask about this option.

Healthy Beginnings

Pregnancy, Labor & Delivery

This class prepares you and your labor partner for active participation in the birth experience. Session 1 covers pregnancy, preterm labor, stages of labor, pain medication options and anesthesia, pushing and delivery, and includes a hospital tour. Session 2 covers birthing plans, inductions, augmentation of labor, second-stage interventions, Caesarean sections, postpartum physical and emotional changes including depression, and floor time to practice breathing and relaxation techniques.

Fee: \$60/couple* • 2 sessions
5 hours of instruction

* Free for patients with Medicaid. See "Medicaid Coverage" for details.

Baby Care Boot Camp

This class is designed to bring birth parents, grandparents or adoptive parents quickly up to speed on the essentials of caring for a new baby. It will help you make informed decisions and develop your natural instincts and self-confidence. Topics include infant medical procedures, newborn behaviors, sleep, crying and comforting, diapering, bathing, dressing, umbilical cord care, circumcision care, jaundice, keeping baby and parents healthy.

Fee: \$30/couple* • 1 session
2.5 hours of instruction

* Free for patients with Medicaid. See "Medicaid Coverage" for details.

Infant Feeding & Safety

This class is designed to provide the best start for you and your baby. Session 1 includes how often to feed, infant weight gain, breastfeeding, pumping, engorgement, breast care, bottle feeding, formula preparation, elimination patterns, burping and bonding. Session 2 includes infant and child cardiopulmonary resuscitation (CPR) with hands-on practice, airway obstruction, car seat safety, safe sleep, Sudden Infant Death Syndrome, immunizations, and household safety. CPR skills are taught using the American Heart Association's research-proven practice-while-watching technique. Ideal for all caregivers.

Fee: \$60/couple* • 2 sessions
5 hours of instruction

* Free for patients with Medicaid. See "Medicaid Coverage" for details.