

Preparing is Caring

All classes are free of charge.

Online registration can be completed at:
<https://www.trinityhealth.org/services/womens-health/>

For more information call:
701-418-8806 or toll free 1-800-862-0005
Monday – Friday, 8:00 a.m. to 3:30 p.m.

Breastfeeding Basics

Breastfeeding Basics is an opportunity to learn all things breastfeeding. Topics covered include feeding positions, proper latch, skin-to-skin contact, signs baby is getting enough to eat, and more! We encourage you to attend the class prior to delivery; however, this class is also available to women who have recently delivered.

“Amazing class! I have a lot more confidence to feed my newborn.”

“So much great information! Amanda was knowledgeable and kind.”

Breastfeeding Basics Class Schedule:

Classes are from 6:00 to 8:00 p.m. at Trinity Health 2305 37th Ave. SW, in the Prairie Rose conference room #3.

July 13	August 2	September 6
October 4	November 1	December 13

Instructor:

Amanda Bekkedahl RN, CLC, IBCLC and ChaunceyMae Vrem RN, CLC have been registered nurses for 9 years and are Certified Lactation Counselors. They enjoy assisting new mothers achieve their feeding goals. They are passionate about breastfeeding and hope to educate, encourage, and support women to feel confident and comfortable in their breastfeeding journey.



Prepared Childbirth

Prepared Childbirth classes are offered monthly. Each session provides information regarding:

- Signs of labor
- What to expect in labor
- Comfort measures
- Options for pain relief
- Early postpartum cares
- Tour of Birthplace

Classes should be attended during the last eight weeks of pregnancy.

“I’m so glad I took this class! It explained a lot that I was feeling anxious about”

“The instructor was relatable, engaging, and comforting. Thank you!”

Prepared Childbirth Class Schedule:

Classes are from 9:00 a.m. to 4:00 p.m. at Trinity Health 2305 37th Ave. SW, in the Prairie Rose conference room #3.

July 8	August 5	September 9
October 7	November 4	December 2

Instructors:

Jenelle Loomis BSN, RN, Danica Schaefer MSN, RN, Diane Sjol MSN, RN and Kali Tafelmeyer BSN, RN have been registered nurses for between 5 - 25 years, specializing in labor and delivery and care of mother/baby couplets. They enjoy helping new parents learn about the process of birth and what to expect during their transition to parenthood. Their goal is to share information, eliminate fear, help you make informed decisions, and have fun!

Basics of Baby Care

Welcoming a new baby is a special and exciting time! A time that can also bring up many questions: How will I know my baby is hungry? When will my baby sleep? How do I keep my baby safe? This class will answer those questions and more! We will cover the basics of newborn care such as feeding, bathing, diapering, soothing, and sleep. This class does NOT include infant CPR. Available to expectant or parents of newborns.

Basics of Baby Care Schedule:

Classes are held from 6:00 to 8:00 p.m at Trinity Health 2305 37th Ave. SW, in the Prairie Rose conference room #3.

July 12	August 9	September 13
October 1	November 8	December 6



Trinity Breastfeeding Support:

Trinity Breastfeeding Support is an interactive and supportive group guided by moms and facilitated by Trinity Health's Board Certified Lactation Consultant and Certified Lactation Counselors.

The group meets at Trinity Health 2305 37th Ave SW in the Lewis and Clark room the third Tuesday of each month from 6:00-7:00 p.m.

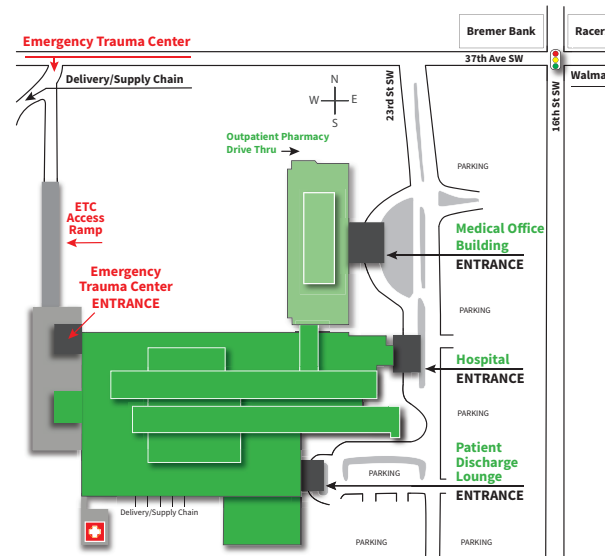
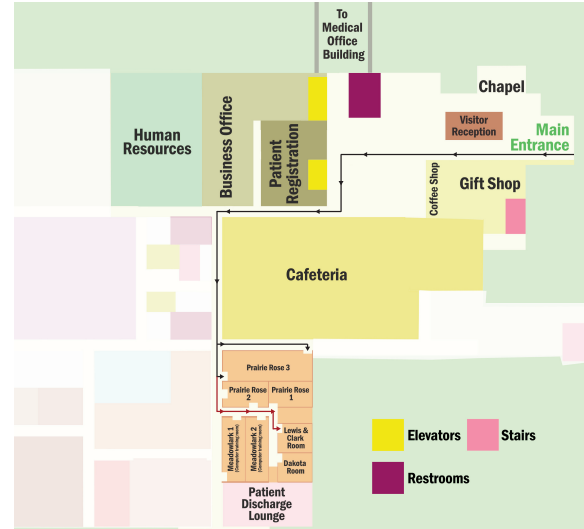
Family Birth Center Tours

Tours are every Saturday and Sunday. Tours must be scheduled in advance, please call 701-418-8820 to schedule. A tour is included in the Prepared Childbirth Class.



Class Location

Trinity Health 2305 37th Ave. SW, in the Prairie Rose conference room #3.



trinityhealth.org

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Trinity Health Preparing for Baby Classes

2023



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