

# Prenatal Education Programs

Fort Collins Loveland Greeley

2023



## Prepare for your baby's birth

Become empowered with the knowledge and skills for birth! Your journey to parenting begins with our prenatal education classes.

### Childbirth preparation and breastfeeding classes

Registration required for all classes. Classes will be in-person or virtual. Please check the website for current class offerings. See back page for our online virtual hospital tours and registration information.

In the event of an upsurge or increased public safety concerns regarding COVID-19/flu/RSV, in-person classes could be shifted to a virtual platform. Class dates and times would remain the same, but take place on a LIVE virtual Teams platform. We would contact you by phone and email as soon as possible if this became necessary. Please make sure that your registration information has an accurate phone number and email address.

#### Fast Track Childbirth

\$65

**Friday 6-8:30 p.m. and Saturday 9 a.m.-12:30 p.m. or two weeknights 6-9 p.m.**

**Build your confidence** for this amazing journey towards parenthood! In this two-day Fast Track, you and your partner will learn about the stages of labor, relaxation and breathing techniques, pain medication options, medical interventions, hospital procedures and labor support roles. Your Fast Track registration includes *InJoy Understanding Birth* booklet.

#### Express Hands-On Baby Care, weeknight 6-9 p.m.

\$35

This class will give you and your partner dedicated time to practice baby care skills. Learn about sleep, crying, feeding, safety and baby cues.

#### Breastfeeding Basics, weeknight 6-9 p.m. or Saturday

\$35

Breastfeeding Basics class discusses the benefits of breastfeeding, establishing & maintaining good milk supply, feeding techniques, breast pumps, milk storage and how to avoid common problems. Your Breastfeeding Basics registration includes *InJoy Understanding Breastfeeding* booklet.

uchealth

## Understanding Birth eClass: InJoy online learning

\$50

A unique online, self-paced learning experience that provides comprehensive information you can trust as you prepare for your upcoming birth. In this class, you will learn about the birth process, coping strategies and medical procedures through instructive video clips, animations and interactive activities. You will also get a sense of what labor is really like as you watch several birth stories. Spanish language Understanding Birth eClass also available.

## Understanding Breastfeeding eClass: InJoy online learning

\$35

An online self-paced learning experience that provides comprehensive breastfeeding information you can trust. In this class, you'll learn all about breastfeeding through instructive video clips, animations and interactive activities. You will also get a sense of what it's really like to breastfeed as you hear from moms who have been there! Spanish language Understanding Breastfeeding eClass also available.

## Parent Preview Tour (virtual)

Online live virtual Parent Preview tours available. You can learn about the hospital you will be delivering at through this informative virtual tour on Teams hosted by UCHealth Childbirth Educators. Call 970.495.7500 for additional information or special tour requests.

Tours are free but registration is required.

The evening tours are virtual and offered twice a month. The dates are listed on the website and will be offered at these times:

5:30–6:30 p.m. Poudre Valley Hospital

6:30–7:30 p.m. Medical Center of the Rockies

7:30–8:30 p.m. Greeley Hospital

## Registration information:

Prenatal classes fill quickly! We recommend you register for classes as soon as possible.

To register for virtual or in-person classes or a parent preview tour, visit:

<https://www.uchealth.org/events/>

Search: **childbirth** or name of class (Fast Track, Express hands-on baby care, Breastfeeding Basics, Parent Preview Tour)

For more information on *Understanding Birth* eClass and to register:

<https://www.uchealth.org/events/> In search box, type: **understanding birth eclass**

Select the Understanding Birth eclass for Fort Collins/Loveland/Greeley

For more information on *Understanding Breastfeeding* eClass and to register:

<https://www.uchealth.org/events/> In search box, type: **understanding breastfeeding eclass**

Select the Understanding Breastfeeding eclass for Fort Collins/Loveland/Greeley

You may also call **970.495.7500** to receive additional class information, help with registration questions or assistance with Medicaid or CHP+ class discounts.

If you are unable to attend class, please call at least two days prior to your class to receive a refund. If minimum childbirth class enrollment is not met, the class could be canceled. We will make every attempt to transfer you into another childbirth class or offer a full refund.

