

Prenatal Education Programs

Fort Collins Loveland Greeley

2026



Prepare for your baby's arrival

Become empowered with the knowledge and skills to prepare you for parenthood.

Registration is required for all classes and virtual hospital tours. Classes are offered in-person or online to accommodate your schedule.

Ready to enroll? Visit our website <https://events.uchealth.org> to see dates, times and locations. Additional registration tips can be found on the reverse side of this flyer.

Fast Track Childbirth

Friday 6-8:30 p.m. and Saturday 9 a.m.- 12:30 p.m. or two weeknights, 6-9 p.m. **\$65**

Over two sessions, our childbirth education class provides comprehensive preparation for expectant parents by covering the stages of labor, relaxation/breathing techniques, pain medication options, medical interventions, cesarean births, and roles of labor support partners. Attendees will take home an InJoy *Understanding Birth* booklet.

Hands-On Baby Care and Safety

Two weeknights, 6-8 p.m. **\$50**

Take this fun interactive course on newborns to boost your confidence and knowledge. Participants will gain evidence-based information and practical skills to ensure a safe and supportive environment for babies.

- Night one will focus on basic newborn care including newborn behaviors, feeding cues, diapering, swaddling, and comfort techniques.
- Night two will focus on newborn safety including how to perform infant CPR, choking response, car seat education, safe sleep practices, and seat belt safety for pregnant mothers.

Breastfeeding Basics

One weeknight, 6-8:30 p.m. **\$35**

Our breastfeeding class provides evidence-based education to help parents maintain a healthy milk supply, learn effective feeding techniques, understand breast pump use, milk storage, and navigate common breastfeeding challenges. Attendees take home an InJoy *Understanding Breastfeeding* booklet.

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Virtual Parent Preview Tour

Our free, virtual live, interactive tours will prepare you for your hospital stay. We will review hospital practices and resources that are available during your hospital experience.

Virtual tours are offered monthly for Poudre Valley Hospital, Medical Center of the Rockies and Greeley Hospital. The tours are free but registration is required. Please call 970.495.7500 for Spanish or special tour requests.

Understanding Birth eClass: InJoy online learning \$50

Prefer to learn online at your own pace? This interactive online course covers essential information on labor while highlighting ways partners can be involved. You'll get to watch several birth stories and have an opportunity to create a birth plan. Allow six to eight hours to complete the course.

Understanding Breastfeeding eClass: InJoy online learning \$35

This self-guided and interactive online course covers the essentials of breastfeeding. It answers the most common questions and helps to prepare you for success in your breastfeeding journey. Allow two to four hours to complete the material in this course.

Registration Information

To register for classes or virtual parent preview tours: <https://events.uchealth.org>

In the search bar, enter the name of the class:

- Fast Track
- Baby Care
- Breastfeeding Basics
- Parent Preview Tour
- Understanding Birth eClass. select Fort Collins/Loveland/Greeley
- Understanding Breastfeeding eClass, select Fort Collins/Loveland/Greeley

For assistance with registration, please call 970.495.7500.

A class discount is available for participants with Medicaid or CHP+ insurance. Please call 970.495.7500 to access the discount prior to registering for a class.

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.

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