

VIRTUAL PRENATAL CLASSES

- Register for as many classes as you would like!
- You will receive the link to join class the day before
- Learn valuable information from your home
- Free resource for all Iowa parents
- Individual Sessions Available



BREASTFEEDING BASICS

Thursday, October 2, 1:00pm (90 minutes)
Start breastfeeding off right by starting a plan now. Taught by an International Board Certified Lactation Consultant (IBCLC).



NEWBORN CARE

Thursday, October 9, 8:00pm (90 minutes)
Everything you need to know about the fourth trimester with your baby from the first few hours through the first months at home.



CAR SEAT 101

Thursday, October 16, 1:00pm (90 minutes)
An overview of car seats from newborns to children ready for seatbelts with an emphasis on the newborn period. Taught by a certified Child Passenger Safety Technician (CPST).



BABY'S 1ST YEAR MILESTONES

Thursday, October 23, 1:00pm (90 minutes)
What to expect the first year, tips on encouraging baby's development, and appropriate activities for each month.



MOM GROUP

- Online Mom Group to connect Iowans across the state
- Meets weekly on Wednesdays at 10:00am
- All Iowa Moms are welcome



REGISTER HERE



888-HOPES-01



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