

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 to schedule



HEALTHY PREGNANCY

Thursday, March 5, 1:00 pm (90 minutes)
A healthy baby starts with a healthy pregnancy! Learn the answers to all the questions you have from what to eat to what activities to avoid, what symptoms are normal and when to talk to your provider.



CHILDBIRTH EDUCATION

Thursday, March 12, 1:00 pm (90 minutes)
This class will cover everything from when to go to the hospital to what to expect during labor and immediately after the birth. Class is taught by a Certified Labor Doula.



BABY'S 1ST YEAR MILESTONES

Tuesday, March 24, 1:00pm (90 minutes)
What to expect the first year, tips on encouraging baby's development, and appropriate activities for each month.



COMFORT IN LABOR

Thursday, March 26, 8:00 pm (90 minutes)
Go beyond the basics of childbirth to create your own tool kit to use in labor. This class is intended to follow the Childbirth Education class.



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



HOPES@LSIOWA.ORG