LSI
LUTHERAN SERVICES IN IOWA



DECEMBER 2026

Perinatal Classes

VIRTUAL MOM GROUP

WEDNESDAYS

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



PERINATAL CLASSES



THU 03

CAR SEAT 101

Thursday, December 3, 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).



THU 03

NEWBORN CARE

Thursday, December 3, 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.



THU 10

BREASTFEEDING BASICS

Thursday, December 10, 1:00pm (90 minutes)

Start breastfeeding off right by starting a plan now. Taught by an International Board Certified Lactation Consultant (IBCLC).



THU 17

CO-PARENTING TOGETHER

Thursday, December 17, 1:00 pm (90 minutes)

Whether you're parenting together or apart, this class helps you build healthy communication, consistent care, and emotional security for your baby right from the beginning.

REGISTER HERE

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

CONTACT :

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