



Schedule of "Becoming a Mom®" Classes held at the Family and Child Resource Center

Name: _____ Due Date: _____

How to contact you:

Phone _____ Email _____ Text _____

Service Provider

Check the box before the date and time of the Sessions you would like to attend.

Session 1 Basics of Pregnancy and the importance of prenatal care.	Session 2 How to eat healthy for you and for baby, appropriate exercise while pregnant, and how to manage extra stress.																																																												
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Session 3 Information about labor and delivery; how to recognize preterm labor.	Session 4 Options for feeding your baby and what to expect from breastfeeding.																																																												
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Session 5 Ways to care for your baby such as feeding, bathing, and keeping them safe from harm.	Session 6 How to recover from the physical and emotional changes that happen after giving birth.																																																												
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PLEASE READ THESE GUIDELINES TO PARTICIPATE IN THE BECOMING A MOM® CLASSES:

“This program utilizes the March of Dimes Becoming a Mom®/Comenzando bien® curriculum and is supported by the Kansas Department of Health & Environment and March of Dimes.” Return this form to the Family and Child Resource Center at 2101 Clafin Road, Manhattan. You will be contacted to verify your interest in our “Becoming a Mom®” classes. We will enroll you in the sessions you desire. We ask that you sign up for **no more than one or two classes a month. A pre-survey is required to be completed before your first class.** You may complete it when you enroll, otherwise, please allow 30 minutes before your first class starts to complete the pre-survey. **Plan to spend two full hours at each class in order to qualify for the incentives.** In consideration to other participants and the instructors, **those who arrive late to any of the classes or leave early, will be asked to reschedule. Please arrange for your own child care as it will not be provided during the classes.** Please call 776-4779 Ext. 7664 for more information.