

**Becoming a Mom® Prenatal Education Classes  
July – December 2024 schedule**

**All in-person sessions are held at the Saline County Health Department, 125 W. Elm St., Salina**

**Monday and Tuesday sessions will be held in-person; Wednesday and Thursday sessions will be held via zoom  
\*\* Child care is NOT available \*\***

**If you want to schedule or reschedule your sessions; please contact Tricia at 785-826-6600 ext. 7334;  
text 785-819-6005 or email frytr@salinecountys.gov**

**These are registered classes only. You must be pre-registered the day before the desired class you wish to attend.**

**Saline and McPherson County participants – after the delivery of your baby, a Maternal Child Health visit will occur with Sherri (Becoming a Mom® instructor/MCH nurse). This visit can be either a home visit or zoom.**

**Mon. July 15** 3:30 pm - 5:30 pm Session 4  
**(In-person sessions)** 6:00 pm - 8:00 pm Session 1

**Tues. July 16** 3:30 pm - 5:30 pm Session 1  
**(Zoom sessions)** 6:00 pm - 8:00 pm Session 4

**\*\* only 2 day/evening sessions held in July \*\***

**Mon. Aug. 19** 3:30 pm - 6:00 pm Session 5  
**(In-person sessions)** 6:00 pm - 8:00 pm Session 2

**Tues. Aug. 20** 3:30 pm - 5:30 pm Session 2  
**(Zoom sessions)** 6:00 pm - 8:30 pm Session 5

**\*\* only 2 day/evening sessions held in August \*\***

**Mon. Sept. 16** 3:30 pm - 5:30 pm Session 6  
**(In-person sessions)** 6:00 pm - 8:00 pm Session 3

**Tues. Sept. 17** 6:00 pm - 8:00 pm Session 6  
**(In-person session)**

**Wed. Sept. 18** 6:00 pm - 8:00 pm Session 3  
**(Zoom session)**

**Thurs. Sept. 19** 6:00 pm - 8:00 pm Session 6  
**(Zoom session)**

**Mon. Oct. 21** 3:30 pm - 5:30 pm Session 1  
**(In-person sessions)** 6:00 pm - 8:00 pm Session 4

**Tues. Oct. 22** 6:00 pm - 8:00 pm Session 1  
**(In-person session)**

**Wed. Oct. 23** 6:00 pm - 8:00 pm Session 4  
**(Zoom session)**

**Thurs. Oct. 24** 6:00 pm - 8:00 pm Session 1  
**(Zoom session)**

**Mon. Nov. 18** 3:30 pm - 5:30 pm Session 2  
**(In-person sessions)** 6:00 pm - 8:30 pm Session 5

**Tues. Nov. 19** 6:00 pm - 8:00 pm Session 2  
**(In-person session)**

**Wed. Nov. 20** 6:00 pm - 8:30 pm Session 5  
**(Zoom session)**

**Thurs. Nov. 21** 6:00 pm - 8:00 pm Session 2  
**(Zoom session)**

**Mon. Dec. 9** 3:30 pm - 5:30 pm Session 3  
**(In-person sessions)** 6:00 pm - 8:00 pm Session 6

**Tues. Dec. 10** 6:00 pm - 8:00 pm Session 3  
**(In-person session)**

**Wed. Dec. 11** 6:00 pm - 8:00 pm Session 6  
**(Zoom session)**

**Thurs. Dec. 12** 6:00 pm - 8:00 pm Session 3  
**(Zoom session)**

**Session 1 – Prenatal Care: What to Expect from Your Prenatal Care / Common Discomforts in Pregnancy**  
**Session 2 – Pregnancy Health: Learn How Stress, Certain Foods, & Many Other Things Can Affect Your Pregnancy**  
**Session 3 – Signs and Symptoms of Preterm Labor / Labor and Delivery / Why Last Weeks of Pregnancy Matter**  
**Session 4 – Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom**  
**Session 5 – Infant Care / Happiest Baby on the Block / Period of Purple Crying / SIDS Risk Reduction/Safe Car Seat Installation**  
**Session 6 – Postpartum Recovery / Interconception Health: Regaining Health Between Pregnancies**