



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

All participants must complete an enrollment appointment before attending BaM® classes. Please call the Maternal and Child Health program for a BaM® enrollment at (785) 776-4779 ext 7664.

Name: \_\_\_\_\_ Due Date: \_\_\_\_\_

How to contact you: Phone \_\_\_\_\_ Email \_\_\_\_\_ Text \_\_\_\_\_

**Service Provider**

**2020 Schedule**

<b>Session 1</b> Basics of Pregnancy and the importance of prenatal care.					<b>Session 2</b> Eating healthy for you and for baby, appropriate exercise while pregnant, and stress management.				
	Th	Jan. 9	2020	12:30-2:30PM		Th	Jan. 9	2020	3:00-5:00PM
	S	Feb. 8	2020	8:30-10:30AM		S	Feb. 22	2020	8:30-10:30AM
	Th	Mar. 5	2020	3:00-5:00PM		Th	Mar. 5	2020	5:30-7:30PM
	Th	Apr. 2	2020	5:30-7:30PM		Th	Apr. 23	2020	12:30-2:30PM
	Th	May 28	2020	12:30-2:30PM		Th	May 28	2020	3:00-5:00PM
	Th	Jun. 25	2020	3:00-5:00PM		Th	Jun. 25	2020	5:30-7:30PM
<b>Session 3</b> Information about labor and delivery; how to recognize preterm labor.					<b>Session 4</b> Options for feeding your baby and what to expect from breastfeeding.				
	Th	Jan. 9	2020	5:30-7:30PM		Th	Jan. 23	2020	12:30-2:30PM
	S	Feb. 8	2020	11:00AM-1:00PM		S	Feb. 15	2020	8:30-10:30AM
	Th	Mar. 26	2020	12:30-2:30PM		Th	Mar. 26	2020	3:00-5:00PM
	Th	Apr. 23	2020	3:00-5:00PM		Th	Apr. 23	2020	5:30-7:30PM
	Th	May 28	2020	5:30-7:30PM		Th	May 7	2020	12:30-2:30PM
	Th	Jun. 4	2020	12:30-2:30PM		Th	Jun. 4	2020	3:00-5:00PM
<b>Session 5</b> Caring for your baby such as feeding, bathing, and keeping them safe from harm.					<b>Session 6</b> Recovery from the physical and emotional changes after childbirth.				
	Th	Jan. 23	2020	3:00-5:00PM		Th	Jan. 23	2020	5:30-7:30PM
	S	Feb. 15	2020	11:00AM-1:00PM		S	Feb. 22	2020	11:00AM-1:00PM
	Th	Mar. 26	2020	5:30-7:30PM		Th	Mar. 5	2020	12:30-2:30PM
	Th	Apr. 2	2020	12:30-2:30PM		Th	Apr. 2	2020	3:00-5:00PM
	Th	May 7	2020	3:00-5:00PM		Th	May 7	2020	5:30-7:30PM
	Th	Jun. 4	2020	5:30-7:30PM		Th	Jun. 25	2020	12:30-2:30PM

You may enroll in any or all sessions, with two classes per day, maximum. **In consideration to other participants and instructors, those who arrive late to class or leave early, will need to reschedule to count toward incentive. No childcare available during BAM® sessions.**

“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.”