



Due to the coronavirus pandemic, all classes and tours will be held online via Zoom, unless otherwise noted. You will need a computer or mobile device with internet and an email address to participate.

# Expectant Parent Calendar

## July to September 2021

### Expectant parent classes

	Date	Time
<b>Lamaze Principles</b> (four-week class series)	July 6, 13, 20, 27 July 8, 15, 22, 29 Aug. 3, 10, 17, 24 Sept. 7, 14, 21, 28 Sept. 9, 16, 23, 30	6 to 8 p.m.
	Aug. 5, 12, 19, 26	Noon to 2 p.m.
<b>Birth to Baby*</b>	July 12, 28 Aug. 9, 19 Sept. 2, 13	6 to 8 p.m.
	July 17, Aug. 21, Sept. 18	10 a.m. to noon
	July 29, Aug. 4	1 to 3 p.m.
	Sept. 9	Noon to 2 p.m.
<b>Comfort Techniques*</b>	July 13	1 to 3 p.m.
	July 26 Aug. 16, 26 Sept. 27	6 to 8 p.m.
	Sept. 2	Noon to 2 p.m.

\*Do not register for this class if you are enrolled in the Lamaze series.

### Breastfeeding classes

	Date	Time
<b>Breastfeeding Essentials</b>	July 14, 19 Aug. 2, 30 Sept. 15, 20	6 to 8 p.m.
	July 15, 22 Aug. 11, 25	1 to 3 p.m.
	July 17, Aug. 21, Sept. 18	8 to 10 a.m.
	Sept. 23	Noon to 2 p.m.

### New Parents Connection

(for parents with infants up to 6 months old)

	Date	Time
<b>New Parents Connection</b> <i>Meets in person at Norton Women's &amp; Children's Hospital</i>	Every Tuesday, July 6 through Sept. 28	10 to 11 a.m.

### Special classes

	Date	Time
<b>Childbirth Refresher</b>	July 21, Sept. 29	Noon to 1 p.m.
	Aug. 18	6 to 7 p.m.
<b>Safe Grandparenting</b>	July 27, Sept. 28	6 to 7:30 p.m.
<b>All About Doulas</b>	Aug. 19	6:30 to 7:30 p.m.
<b>Understanding Your Multiples</b>	Aug. 23	6 to 8 p.m.
<b>Dogs and Babies</b>	Sept. 8	6 to 8 p.m.
<b>Pregnancy and Pelvic Health</b>	Sept. 29	6 to 7 p.m.
<b>Gestational Diabetes</b>	Requires a referral from your OB provider. Call (502) 629-2604 for more information.	

### Newborn/infant care

	Date	Time
<b>Baby Basics With a Pediatrician</b>	July 7, Aug. 4, Sept. 1	6:30 to 7:30 p.m.
<b>Safe Baby Essentials</b>	July 8, Aug. 12	1 to 2 p.m.
	Sept. 9	6 to 7 p.m.
<b>Infant CPR</b> <i>Meets in person at Norton Women's &amp; Children's Hospital</i>	July 8	Noon to 1 p.m.
	Aug. 18, Sept. 15	6 to 7 p.m.
<b>Infant CPR</b> <i>Meets in person at Norton Hospital</i>	July 29, Aug. 31	6 to 7 p.m.
	<b>Caring for Your Baby</b>	July 14, Sept. 8
<b>Safe Kids</b>	July 21, Aug. 5, 25 Sept. 22	6 to 7:30 p.m.
	July 22, Aug. 26, Sept. 23	6 to 7 p.m.
<b>Developmental Milestones</b>	Aug. 11	6 to 7 p.m.

	Fecha	Horario
<b>Preparación al parto y lactancia en español</b>	19 de julio	6 a 8 p.m.
Llame al (502) 772-8588		

For class descriptions or to register, visit [NortonBaby.com](http://NortonBaby.com) or call (502) 629-1234, option 4.

## Maternity tours

	Date	Time
<b>Norton Hospital</b>	July 8, 22 Aug. 12, 26 Sept. 9, 23	6 p.m.
	July 14 Aug. 11 Sept. 8	5 p.m.
<b>Norton Women's &amp; Children's Hospital</b>	July 6, 27 Aug. 10, 24 Sept. 14, 28	Noon
	July 7 Aug. 4 Sept. 1	5 p.m.
	July 8, 22 Aug. 12, 26 Sept. 9, 23	7 p.m.



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