



FREE virtual
Childbirth Classes for
Expecting Parents

March/April 2022



Northwest First New Mexico
Born

Tues Mar 22 Late pregnancy, prenatal bonding, onset of labor, induction, breathing

Thurs Mar 24 Labor, pain management, comfort strategies


Tues Mar 29 Monitoring, augmentation, pushing and birth, cutting the cord, delivery of placenta, recovery

Thurs Mar 31 Birth Plan, Cesarean birth, postpartum plan

Tuesday April 5 Baby Care

Thursday April 7 Breastfeeding

ALL CLASSES ARE FROM 6-7:45PM



*For more information
about this and future
classes, please contact*

Pip Howard

(505) 486-0120

pip@nwnmfirstborn.org

