

2024 Becoming a Mom® Prenatal Education Classes

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@salinecountyks.gov. 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.

Monday, January 15	Holiday- No Sessions	Holiday- No Sessions
Tuesday, January 16	6:00 p.m. – 8:00 p.m. (in person)	Session 4: Infant Feeding, Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Wednesday, January 17	6:00 p.m. – 8:00 p.m. (Zoom)	Session 1: Prenatal Care: What to Expect from Your Prenatal Care & Common Discomforts in Pregnancy
Thursday, January 18	6:00 p.m. – 8:00 p.m. (Zoom)	Session 4 – Infant Feeding / Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Monday, February 19	Holiday- No Sessions	Holiday- No Sessions
Tuesday, February 20	6:00 p.m. – 8:30 p.m. (in person)	Session 5: Infant Care, Happiest Baby on the Block, Period of Purple Crying, SIDS Risk Reduction & Safe Car Seat Installation
Wednesday, February 21	6:00 p.m. -8:00 p.m. (Zoom)	Session 2: Pregnancy Health: Learn How Stress, Certain Foods & Many Other Things Can Affect Your Pregnancy
Thursday, February 22	6:00 p.m. -8:00 p.m. (Zoom)	Session 5: Infant Care, Happiest Baby on the Block, Period of Purple Crying, SIDS Risk Reduction & Safe Car Seat Installation
Monday, March 18	3:30 p.m. – 5:30 p.m. (in person)	Session 6: Postpartum Recovery & Interconception Health & Regaining Health Between Pregnancies
Monday, March 18	6:00 p.m. -8:00 p.m. (in person)	Session 3: Signs and Symptoms of Preterm Labor, Labor and Delivery & Why Last Weeks of Pregnancy Matter
Tuesday, March 19	6:00 p.m. -8:00 p.m. (in person)	Session 6: Postpartum Recovery & Interconception Health & Regaining Health Between Pregnancies
Wednesday, March 20	6:00 p.m. – 8:00 p.m. (Zoom)	Session 3: Signs and Symptoms of Preterm Labor, Labor and Delivery & Why Last Weeks of Pregnancy Matter
Thursday, March 21	6:00 p.m. -8:00 p.m. (Zoom)	Session 6: Postpartum Recovery & Interconception Health & Regaining Health Between Pregnancies

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Monday, April 15	3:30 p.m. – 5:30 p.m. (in person)	Session 1: Prenatal Care: What to Expect from Your Prenatal Care & Common Discomforts in Pregnancy
Monday, April 15	6:00 p.m. – 8:00 p.m. (in person)	Session 4: Infant Feeding, Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Tuesday, April 16	6:00 p.m. – 8:00 p.m. (in person)	Session 1: Prenatal Care: What to Expect from Your Prenatal Care & Common Discomforts in Pregnancy
Wednesday, April 17	6:00 p.m. – 8:00 p.m. (Zoom)	Session 4: Infant Feeding, Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Thursday, April 18	6:00 p.m. – 8:00 p.m. (Zoom)	Session 1: Prenatal Care: What to Expect from Your Prenatal Care & Common Discomforts in Pregnancy
Monday, May 20	3:30 p.m. – 5:30 p.m. (in person)	Session 2: Pregnancy Health: Learn How Stress, Certain Foods & Many Other Things Can Affect Your Pregnancy
Monday, May 20	6:00 p.m. – 8:00 p.m. (in person)	Session 5: Infant Care, Happiest Baby on the Block, Period of Purple Crying, SIDS Risk Reduction & Safe Car Seat Installation
Tuesday, May 21	6:00 p.m. – 8:00 p.m. (in person)	Session 2: Pregnancy Health: Learn How Stress, Certain Foods & Many Other Things Can Affect Your Pregnancy
Wednesday, May 22	6:00 p.m. – 8:00 p.m. (Zoom)	Session 5: Infant Care, Happiest Baby on the Block, Period of Purple Crying, SIDS Risk Reduction & Safe Car Seat Installation
Thursday, May 23	6:00 p.m. – 8:00 p.m. (Zoom)	Session 2: Pregnancy Health: Learn How Stress, Certain Foods & Many Other Things Can Affect Your Pregnancy
Monday, June 17	3:30 p.m. – 5:30 p.m. (in person)	Session 3: Signs and Symptoms of Preterm Labor, Labor and Delivery & Why Last Weeks of Pregnancy Matter
Monday, June 17	6:00 p.m. – 8:00 p.m. (in person)	Session 6: Postpartum Recovery & Interconception Health & Regaining Health Between Pregnancies

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Tuesday, June 18	3:30 p.m. – 5:30 p.m. (Zoom)	Session 6: Postpartum Recovery & Interconception Health & Regaining Health Between Pregnancies
Tuesday, June 18	6:00 p.m. – 8:00 p.m. (Zoom)	Session 3: Signs and Symptoms of Preterm Labor, Labor and Delivery & Why Last Weeks of Pregnancy Matter
** June, July and August months will only have 2 day/evening sessions available **		
Monday, July 15	3:30 p.m. – 5:30 p.m. (in person)	Session 4: Infant Feeding, Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Monday, July 15	6:00 p.m. – 8:00 p.m. (in person)	Session 1: Prenatal Care: What to Expect from Your Prenatal Care & Common Discomforts in Pregnancy
Tuesday, July 16	3:30 p.m. – 5:30 p.m. (Zoom)	Session 1: Prenatal Care: What to Expect from Your Prenatal Care & Common Discomforts in Pregnancy
Tuesday, July 16	6:00 p.m. – 8:00 p.m. (Zoom)	Session 4: Infant Feeding, Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
** only 2 day/evening sessions held in July **		
Monday, August 19	3:30 p.m. – 6:00 p.m. (in person)	Session 5: Infant Care, Happiest Baby on the Block, Period of Purple Crying, SIDS Risk Reduction & Safe Car Seat Installation
Monday, August 19	6:00 p.m. – 8:00 p.m. (in person)	Session 2: Pregnancy Health: Learn How Stress, Certain Foods & Many Other Things Can Affect Your Pregnancy
Tuesday, August 20	3:30 p.m. – 5:30 p.m. (Zoom)	Session 2: Pregnancy Health: Learn How Stress, Certain Foods & Many Other Things Can Affect Your Pregnancy
Tuesday, August 20	6:00 p.m. – 8:00 p.m. (Zoom)	Session 5: Infant Care, Happiest Baby on the Block, Period of Purple Crying, SIDS Risk Reduction & Safe Car Seat Installation
** only 2 day/evening sessions held in August **		
Monday, September 16	3:30 p.m. – 5:30 p.m. (in person)	Session 6: Postpartum Recovery & Interconception Health & Regaining Health Between Pregnancies

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Monday, September 16	6:00 p.m. – 8:00 p.m. (in person)	Session 3: Signs and Symptoms of Preterm Labor, Labor and Delivery & Why Last Weeks of Pregnancy Matter
Tuesday, September 17	6:00 p.m. – 8:00 p.m. (in person)	Session 6: Postpartum Recovery & Interconception Health & Regaining Health Between Pregnancies
Wednesday, September 18	6:00 p.m. – 8:00 p.m. (Zoom)	Session 3: Signs and Symptoms of Preterm Labor, Labor and Delivery & Why Last Weeks of Pregnancy Matter
Thursday, September 19	6:00 p.m. – 8:00 p.m. (Zoom)	Session 6: Postpartum Recovery & Interconception Health & Regaining Health Between Pregnancies
Monday, October 21	3:30 p.m. – 5:30 p.m. (in person)	Session 1: Prenatal Care: What to Expect from Your Prenatal Care & Common Discomforts in Pregnancy
Monday, October 21	6:00 p.m. – 8:00 p.m. (in person)	Session 4: Infant Feeding, Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Monday, October 23	6:00 p.m. – 8:00 p.m. (in person)	Session 1: Prenatal Care: What to Expect from Your Prenatal Care & Common Discomforts in Pregnancy
Tuesday, October 22	6:00 p.m. – 8:00 p.m. (in person)	Session 1: Prenatal Care: What to Expect from Your Prenatal Care & Common Discomforts in Pregnancy
Wednesday, October 23	6:00 p.m. – 8:00 p.m. (Zoom)	Session 4: Infant Feeding, Breastfeeding Basics: What to Expect & How to Overcome Problems with Breastfeeding for even the Experienced Breastfeeding Mom
Thursday, October 24	6:00 p.m. – 8:00 p.m. (Zoom)	Session 1: Prenatal Care: What to Expect from Your Prenatal Care & Common Discomforts in Pregnancy
Monday, November 18	3:30 p.m. – 5:30 p.m. (in person)	Session 2: Pregnancy Health: Learn How Stress, Certain Foods & Many Other Things Can Affect Your Pregnancy
Monday, November 18	6:00 p.m. – 8:00 p.m. (in person)	Session 5: Infant Care, Happiest Baby on the Block, Period of Purple Crying, SIDS Risk Reduction & Safe Car Seat Installation

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Tuesday, November 19	6:00 p.m. – 8:00 p.m. (in person)	Session 2: Pregnancy Health: Learn How Stress, Certain Foods & Many Other Things Can Affect Your Pregnancy
Wednesday, November 20	6:00 p.m. – 8:00 p.m. (Zoom)	Session 5: Infant Care, Happiest Baby on the Block, Period of Purple Crying, SIDS Risk Reduction & Safe Car Seat Installation
Thursday, November 21	6:00 p.m. – 8:00 p.m. (Zoom)	Session 2: Pregnancy Health: Learn How Stress, Certain Foods & Many Other Things Can Affect Your Pregnancy
Monday, December 9	3:30 p.m. – 5:30 p.m. (in person)	Session 3: Signs and Symptoms of Preterm Labor, Labor and Delivery & Why Last Weeks of Pregnancy Matter
Monday, December 9	6:00 p.m. – 8:00 p.m. (in person)	Session 6: Postpartum Recovery & Interconception Health & Regaining Health Between Pregnancies
Monday, December 10	6:00 p.m. – 8:00 p.m. (in person)	Session 3: Signs and Symptoms of Preterm Labor, Labor and Delivery & Why Last Weeks of Pregnancy Matter
Wednesday, December 11	6:00 p.m. – 8:00 p.m. (Zoom)	Session 6: Postpartum Recovery & Interconception Health & Regaining Health Between Pregnancies
Thursday, December 12	6:00 p.m. – 8:00 p.m. (Zoom)	Session 3: Signs and Symptoms of Preterm Labor, Labor and Delivery & Why Last Weeks of Pregnancy Matter