

Becoming a Mom® July – December 2018

All sessions (English & Spanish) are held at Donna Vanier Children's Center
155 N. Oakdale, Salina; Enter in the Conference Center door between Suite 200 and Suite 300;
we will meet in the basement

If you need to schedule or reschedule your sessions; please contact Meghan at 785-826-6600 ext. 7326;
text 785-577-9187 or email meghan.diehl@sschd.org

Mon. July 16 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 4 Session 1	Mon. Oct. 15 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 1 Session 4
Tues. July 17 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 1 Session 4	Tues. Oct. 16 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 4 Session 1
Wed. July 18 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 4 Session 1	Wed. Oct. 17 (English)	3:30 pm - 5:30 pm 6:00pm-8:00 pm	Session 1 Session 4
Thurs. July 19 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 1 Session 4	Thurs. Oct. 18 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 4 Session 1
Thurs. July 19 (Spanish)	1:00 pm – 3:00 pm 4:00 pm – 6:00 pm	Session 1 Session 4	Thurs. Oct. 18 (Spanish)	1:00 pm – 3:00 pm 4:00 pm – 6:00 pm	Session 4 Session 1
Mon. Aug. 20 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 5 Session 2	Mon. Nov. 12	*** HOLIDAY** *** HOLIDAY**	NO SESSIONS ** NO SESSIONS **
Tues. Aug. 21 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 2 Session 5	Tues. Nov. 13 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 5 Session 2
Wed. Aug. 22 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 5 Session 2	Wed. Nov. 14 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 2 Session 5
Thurs. Aug. 23 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 2 Session 5	Thurs. Nov. 15 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 5 Session 2
Thurs. Aug. 23 (Spanish)	1:00 pm – 3:00 pm 4:00 pm – 6:00 pm	Session 2 Session 5	Thurs. Nov. 15 (Spanish)	1:00 pm – 3:00 pm 4:00 pm – 6:00 pm	Session 5 Session 2
Mon. Sept. 17 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 6 Session 3	Mon. Dec. 17	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 3 Session 6
Tues. Sept. 18 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 3 Session 6	Tues. Dec. 18	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 6 Session 3
Wed. Sept. 19 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 6 Session 3	Wed. Dec. 19 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 3 Session 6
Thurs. Sept. 20 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 3 Session 6	Thurs. Dec. 20 (English)	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm	Session 6 Session 3
Thurs. Sept. 20 (Spanish)	1:00 pm – 3:00 pm 4:00 pm – 6:00 pm	Session 3 Session 6	Thurs. Dec. 20 (Spanish)	1:00 pm – 3:00 pm 4:00 pm – 6:00 pm	Session 6 Session 3

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