

The Best Start Possible... Childbirth Classes at IU Health

1st Baby? Menu of Classes Just for You!

Start as early as you like....try to complete your classes before 36 weeks

Labor and Birth Preparation

- 6-week Lamaze includes Newborn Basics, Breastfeeding
- Teen Labor Class
- 4-week Lamaze
- Fast Track (1 full Saturday or 2 evenings)
- Advanced Labor Support – wanting more practice/desiring a natural birth
- Cesarean Birth
- Pregnancy & Diabetes
- The Fourth Trimester: Understanding Your Body After Pregnancy and Birth
- Labor and Birth for LGBTQ+ Families

Baby Care Preparation

- Newborn Basics
- Newborn Express (Newborn Basics with Infant CPR included)
- Loving Touch Prenatal Infant/Massage Class
- Car Seat Safety
- Bow Wow & Baby

CPR

- CPR for Infants and Children
- CPR with First Aid for Infants and Children
- Newborn Express with Infant CPR included

Breastfeeding Preparation

- Breastfeeding 101
- Breastfeeding 201 – Pumping and more

Multiples

- Marvelous Multiples

Family Preparation

- Grandparenting class

Yoga

- Prenatal Yoga
- Family Yoga
- Mommy & Baby Yoga
- Yoga After Loss

Ask about our parenting support groups:

- Breastfeeding Support Group
- LGBTQ Support Group
- Mother Connection
- Postpartum Depression
- Toddler Time

The Best Start Possible... Childbirth Classes at IU Health

2nd Baby or More? Menu of Classes Just for You!

Start as early as you like....try to complete your classes before 36 weeks

Labor and Birth Preparation

- Fast Track Labor
- Advanced Labor Support – wanting practice/desiring a natural birth
- Cesarean Birth
- Pregnancy & Diabetes

Family Preparation

- Big Brother/Big Sister Class
- Grandparenting class

Baby Car Preparation

- Bow Wow & Baby
- Loving Touch Prenatal Infant/Child Massage Class
- Car Seat Safety

CPR

- CPR for Infants and Children
- CPR with First Aid for Infants and Children

Breastfeeding Preparation

- Breastfeeding 101
- Breastfeeding 201 - Pumping and more

Multiples

- Marvelous Multiples

Yoga

- Prenatal Yoga
- Mommy & Baby Yoga
- Family Yoga
- Yoga After Loss

Go to iuhealth.org/childbirth to view dates and register online.

Questions or need help?

Contact the Childbirth Education office at 317.688.2465 or email cnchildbirthedu@iuhealth.org.



Indiana University Health