



Mother Baby Classes

At Central Mississippi Medical Center

Mother Baby Classes offered at CMMC are free to the moms and families planning on delivering at CMMC.

CLASSES

How to Grow a Healthy Baby for Teen Moms
Infant CPR • Prepared Childbirth Classes
Great Expectations • The Gift of Motherhood
Labor and Anesthesia • Child Safety
Breastfeeding • Sibling Class



How to Grow a Healthy Baby for Teen Moms - Childbirth education classes designed for teenage mothers.

Prepared Childbirth Classes - Learn and practice skills to help with the aches and pains of pregnancy, labor and delivery.

Infant CPR - Learn CPR for infants ages 0-1, this class is for the family and friends of infants born at CMMC.

Great Expectation and Hospital introduction - Learn about CMMC and your pregnancy and what you can expect for the next few months.

The Gift of Motherhood - Three, two-hour classes on Labor, Deliveries/anesthesia and Postpartum/Baby care.

Labor and Anesthesia - A 1-hour informational class on anesthesia options for labor and delivery provided by an Anesthesiologist.

Child/infant safety class - Safe kids of Mississippi present information on proper use of car seats and steps you can take to make your child's environment a safe one.

Breast Feeding class - Expecting mothers who are delivering at Central Mississippi Medical Center can learn the positive aspects of breast-feeding their child.

Sibling Class - Brothers and sisters whose mothers are delivering at Central Mississippi Medical Center can have a better understanding of what to expect when mom goes to the hospital and how to help when the baby comes home.



Please contact **Connie Harthcock RN**
at **601-376-2783** for additional information.

CALL SOON - CLASSES FILL UP EARLY!!