



Virtual Childbirth and Parenting Classes

Your pregnancy journey has just begun, and Northwestern Medicine is committed to helping you navigate the coming weeks, months and years. With this in mind, we offer great virtual and online programs to help support you and your growing family's wellness.

All of the following virtual classes are offered in real time and led by certified nurse educators:

Understanding Birth: Express!
Understanding Birth: Expanded
Understanding Your Newborn
Understanding Breastfeeding
Infant and Child CPR and Safety
Expectant Grandparents

Virtual Expectant Parent Tour

Register for a virtual tour of the maternity units and an overview of what to expect when you come to the hospital to deliver your baby.

Online classes

Understanding Birth

Understanding Birth for Multiples

Understanding Your Newborn

Understanding Breastfeeding

Understanding Infant and Child Safety

Cesarean Birth

For new moms

Virtual Transitions to Motherhood: A four-week educational support class for new moms. Babies are welcome!

For a complete list of classes or to register, visit classes.nmh.org/listing/all or call Health Resources at 877.926.4664 (TTY: 711).

NM Parent Connect e-newsletter

Sign up for our weekly e-newsletter, *NM Parent Connect*, tailored specifically for expectant parents who will be delivering at Northwestern Memorial Hospital. This helpful, research-based e-newsletter will guide you through pregnancy, labor and delivery, as well as the first few years of your baby's life.

Text NMIL to 617.580.3050. You will receive a text message with a link to the online sign-up form. (Standard text-messaging rates apply from your wireless provider.)

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nm.org