



Childbirth and Parenting Classes

Your pregnancy journey has just begun. Northwestern Medicine is committed to helping you navigate the coming weeks, months and years. We offer on-site, virtual and online programs to help support you and your growing family's wellness.

All of the following on-site and 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
 - › Pumping and Returning to Work
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Expectant Parent Tours

Register for onsite or virtual tours 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
- › Understanding Fatherhood

Support group

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

For a complete list of classes or to register, visit **classes.nm.org** or call Health Resources at **877.926.4664 (TTY: 711)**.

Not sure which classes would best fit your needs? Call an educator for help at **312.472.3867**.

***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 NMHC to 57881. You will get a text message with a link to the online sign-up form. (Standard text messaging rates apply from your wireless provider.)

Northwestern Memorial Hospital

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