

2025 Childbirth Education Class Schedule

4-Week Series: Wednesdays 6:00pm-8:00pm | 4-week series

Series #1: 1/8, 1/15, 1/22, 1/29

Series #2: 3/5, 3/12, 3/19, 3/26

Series #3: 4/2, 4/9, 4/16, 4/23

Series #4: 5/7, 5/14, 5/21, 5/28

Series #5: 9/3, 9/10, 9/17, 9/24

Series #6: 10/8, 10/15, 10/22, 10/29

Series #7: 11/19, 11/26, 12/3, 12/10

Saturday Intensive: 9:00am-3:00pm

February 8th

June 7th

July 26th

August 16th

November 8th

2025 Breastfeeding Class Schedule

Wednesday Intensive: 6:00pm-8:00pm

February 5th

April 30th

June 4th

July 2nd

October 1st

November 12th

December 17th

**Class dates are subject to change at the discretion of the instructor*

Birth and Parenting Program

Do you have questions about childbirth or about breastfeeding?

JOIN A CLASS AND GET THE FACTS!

Birth and Parenting classes are offered free of charge to families delivering at Littleton Regional Healthcare

Childbirth Education classes are designed to provide expectant parents with a comprehensive understanding of the birthing process. The instructor, a registered nurse specializing in obstetrics, guides the class through the stages of labor and birth, discusses possible medical interventions, pain medication options as well as non-pharmacological alternatives. The class discusses relaxation exercises, breathing techniques and coping strategies to deal with the challenges of labor and birth. Classes will also tour Littleton Regional Healthcare's Sauter Birthing Suite and talk about caring for baby, newborn procedures, car seat safety, infant CPR, and safe sleep.

Breastfeeding classes introduce expectant parents to the basics of breastfeeding, benefits to baby and mom, and what to expect in the early days following delivery. This single session class meets on Wednesday evenings from 6:00pm to 8:00pm. Patients seeking a personalized Prenatal Lactation Consult may reach out to North Country Women's Health to organize a consultation with Jaclyn Siegel, APRN, IBCLC in our North Country Pediatrics Office. Appointments with Jackie are available during office hours Wednesday through Friday.

For Childbirth classes, please email – Angie Delaney – adelaney@lrhcares.org

For Breastfeeding classes, please email – Olivia Gadwah – ogadwah@lrhcares.org

If you do not have email access, please call – (603) 444-9335

For North Country Women's Health, please call – (603) 444-9371

The instructor will notify you of the location and/or provide a ZOOM link once you have registered for a class.