

# Virtual Maternity Classes Now Available

## Baby Care Basics - WebEx

Get quick answers to your questions from our nurses and parenting experts. Learn the basics of newborn baby care before your baby's arrival in this interactive class!

Topics include newborn appearance, bathing, diapering, cord care, newborn sleep, and more.

## Breastfeeding Preparation - WebEx

Get quick answers to your questions from our nurses and parenting experts.

Learn from lactation educators about the natural process of breastfeeding, lactation and physiology of the breast, positioning, identification of infant feeding cues, nutrition and storage of breast milk.

## Childbirth Express - WebEx

Get quick answers to your questions from our nurses and parenting experts. Covers the same content as our childbirth workshops but in concise three hour format.

It includes our most important tips about labor, when to come to the hospital, and what to expect.

Pain relief options and comfort measures will be discussed. An optional tour is available after the class.

**To register, visit [OhioHealth.com/classes](https://OhioHealth.com/classes)**