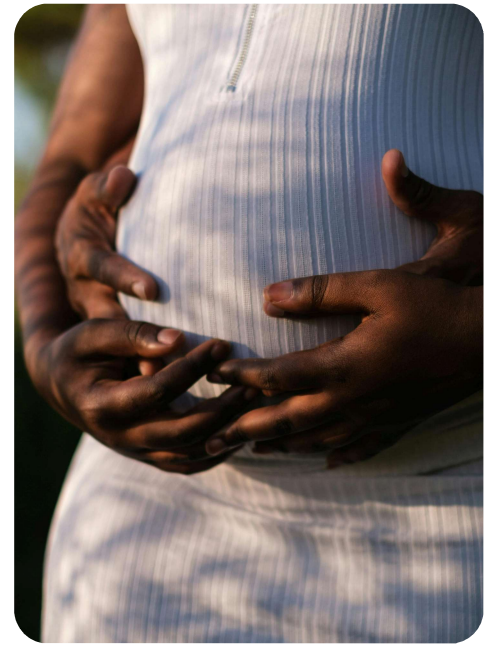


Planning for a Successful Pregnancy & Childbirth

- No-cost classes for expecting families
- Registration required
- Meals provided
- Childcare available

WHEN: 5:30 - 7 p.m. the fourth Wednesday* of each month

WHERE: Sedgwick County Health Department
1900 E. 9th St., Wichita, KS 67214



LEARNING ABOUT BREASTFEEDING

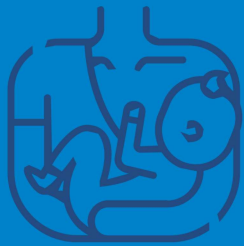
Learn the benefits of breastfeeding for the birthing person and newborn.

Wesley's Lactation Team will help you:

- What to expect in the first 24 hours
- Importance of skin-to-skin contact
- Infection concerns
- Breastfeeding positions
- Signs of a bad latch
- Adequate milk supply

Dates:

- 3/26/25
- 5/28/25
- 7/23/25
- 9/24/25
- 11/19/25*
- 1/28/26



*Third Wednesday due to holiday.

CREATING A BIRTH PLAN

Get prepared for one of the most important days of your life.

Wesley Lactation Team will help you:

- Learn about your birthing options
- Know what to expect during your hospital stay
- Feel more confident about childbirth
- Establish a strong relationship with your care team
- Plan for the unexpected

Dates:

- 4/23/25
- 6/25/25
- 8/27/25
- 10/22/25
- 12/17/25*
- 2/25/26



*Third Wednesday due to holiday.

SIGN UP:

Visit
schd.online/birthsupport25
or scan to the QR code



Presented by:



SEDGWICK COUNTY
Health Department