

Prenatal Classes

Preparing you for what's to come.

As the leader in healthcare for women, Erlanger offers a variety of prenatal and specialty classes. To learn specific dates and locations, or to register for classes, call (423) 778-LINK (8 a.m. to 6 p.m., Monday - Friday) or visit www.erlanger.org.

Childbirth Education

Expectant parents will learn the stages of labor, relaxation, hospital procedures and pain management options, after birth and home care for moms and in-hospital care for newborns. There will also be time for questions and answers.

Breastfeeding Class

Participants will learn breastfeeding basics, what to expect the first few weeks and special tips for success. Taught by board-certified lactation consultants.

Breastfeeding Support Group

A relaxed and informal monthly meeting where pregnant and new mothers can learn more about breastfeeding and offer each other support. Facilitated by the board-certified lactation consultants. Mothers, babies and siblings are welcome.

Baby Care/Safety

This class helps parents plan and prepare for a safe home environment for baby.

Infant CPR

This one-hour class teaches basic CPR for an infant (birth to 1 year) and provides hands-on practice and choking management techniques.

Boot Camp for Dads

This class helps new dads adjust to changes and stresses associated with becoming a father.

Car Seat Safety

Install your car seat well before your due date and have it checked by a Certified Child Passenger Safety Technician. Contact the Safe & Sound department at (423) 778-6691.

Please bring a check, money order or cash for payment on the day of your class. At this time we are unable to process debit/credit cards, but ATMs are located on both campuses for your convenience. Pre-registration and payment at the beginning of each class is required.

For more information and for a full listing of classes, dates, & locations call (423)778-LINK or visit www.erlanger.org.



erlanger
Health System

We practice what we teach.