Pregnancy Education Series

This four-week childbirth education series is designed to prepare expectant women and their support person for their childbirth experience. We recommend that you choose to attend a session that ends no later than one month before your baby is due.

*Option to come to only one or two sessions available for those who need refresher class only.

Class #1  Go with the Flow

This class is designed to help expectant mothers and their support person prepare for a positive childbirth experience. Mothers will learn what to expect during the labor process and ways to use breathing and relaxation to cope with discomfort during childbirth.

CLASS #2  When Pregnancy Isn’t Perfect

This class educates women on pregnancy complications and alternative birth methods including cesarean section delivery, and use of medications and anesthesia during the labor process.

Class #3  Breastfeeding Your Newborn

Topics during this class include information on childcare and newborn development, what to expect immediately after the delivery of your baby, and tips and techniques that will enable you to have a positive breastfeeding experience.

Class #4  Putting it all Together

It’s celebration time! During the final class in the series, we will celebrate your pregnancy with a party complete with games and door prizes. This class will provide important information regarding postpartum recovery for mom. It will also provide the opportunity to practice breathing and relaxation skills learned throughout the previous three weeks. Enjoy refreshments provided by Sierra Cascade Nutrition and Activity Consortium.

To register, call:
(530) 876-2518
Mommy’s Having a Baby: Sibling Preparation Class
Offered monthly
No charge

To register, call:
(530) 876-7902

This class is designed to help parents prepare older children for the birth of a new baby. Appropriate for children at least two years old. Older brothers and sisters and their parents will have the opportunity to tour the Birth Day Place unit and will learn what to expect when their mother is having the new baby.

Mom 2 Mom – Support Group
No registration required

For information, call:
(530) 876-2518

This weekly class provides new parents with the opportunity to socialize with other families while learning about their baby’s growth and development. Topics addressed will include breastfeeding, first foods, baby wearing, cloth diapering, sleep issues, infant development, natural parenting, returning to work, and many more! Open to all families with infants, toddlers and pregnant moms. Funded by the Sierra Cascade Nutrition and Activity Consortium.

Expectant Parent’s Party
Offered once a month
No charge

To register, call:
(530) 876-7902

Come and learn about what to expect when delivering your baby at Feather River Hospital’s Birth Day Place. Socialize with other expectant families, meet Birth Day Place staff, and tour our spacious birthing rooms. You can also learn about our options for delivery including water birth, water labor and scheduled cesarean section deliveries and win raffle prizes! Tour open to all expectant families interested in learning about birth in our facility. Refreshments served.

Please, no children under eight.

Center for Breastfeeding Support
No charge

Call (530) 876-2518

Center for Breastfeeding Support offers professional lactation support and guidance for all breastfeeding moms in Butte County.

Beyond Breastfeeding Basics
Offered monthly
No charge

For information, call:
(530) 876-2518

Open to expecting or newly delivered mothers and their support person, this class will prepare you to have a positive breastfeeding experience. Learn how to easily latch your baby to the breast, how to maintain your milk supply when away from your baby, how to know if baby is getting enough milk, and what to expect in the first weeks of baby’s life.