



first impressions

Making a First Impression ... Leaving a Lasting Memory

First Impressions Classes January-December 2025

All classes are offered free of charge and take place at Licking Memorial Hospital in the First Floor Conference Rooms. Class dates marked with an asterisk (*) will be held in the Ground Floor Auditorium. To register for classes, scan the QR code, visit LMHealth.org, or call (220) 564-4333.



Pregnancy and Childbirth Education Series

The following comprehensive education classes are designed to provide you and your support person with the information, skills, and resources needed to prepare for the birth of your baby. Open discussion and hands-on activities are included in each class. Participants are encouraged to share questions and concerns throughout the classes in order to feel more empowered during their birth experience. Topics include how to stay healthy during pregnancy, what to expect in labor and delivery, how to prepare for postpartum and newborn care, and infant CPR. Light snacks and refreshments are provided. There are two options for attending the series. The recommended time to take the childbirth education classes is between 28 and 35 weeks gestation, but choose the session that best accommodates your schedule.

Three-part Series with Stork Tour • Wednesdays, 6:00 to 8:00 p.m.

Expectant parents with similar due dates will meet for three comprehensive classes over a span of three to four weeks. The three-part series includes Pregnancy Basics, Childbirth Education, and Mother-baby Basics. A Stork Tour of the Maternity Unit will be included in the series and takes place during the first class in each session, Pregnancy Basics. We recommend that participants register for each class within the session.

Session A: January 8, 22, February 5
Session B: February 26, March 12, 26*
Session C: April 23, May 7, 21

Session D: June 11, 25, July 9
Session E: August 27, September 10, 24
Session F: October 22, November 5, 12

One-day Course; Childbirth Education and Mother-baby Basics • Saturdays, 9:00 a.m. to 12:00 Noon

Participants will receive a condensed version of the three-part series that focuses on Childbirth Education and Mother-baby Basics. This course includes an Infant Choking and CPR overview. This option may be preferred for those who want a refresher course or just need the basics.

January 18
February 22
April 12

May 17
June 21
July 26

August 23
October 4
December 6

Additional First Impressions Offerings

Breastfeeding Basics

Mondays, 6:00 to 8:30 p.m.

Saturdays, 10:00 a.m. to 12:00 Noon

This class is designed to provide expectant parents with information about the benefits of breastfeeding for mothers, babies, and society. Parents will learn the basics of breastfeeding, including skills and techniques necessary for successful breastfeeding, and will have an opportunity to speak privately with one of our International Board Certified Lactation Consultants.

Monday Classes:

January 6*, 27	April 21	July 7*, 21	October 20
February 24	May 5*, 19	August 25	November 3*, 17
March 3*, 24	June 16	September 22, 29	December 15

Saturday Classes:

February 8	June 7	October 11
April 5	August 9	December 13

Stork Tour

Tuesdays, 6:00 to 7:30 p.m.

Take a guided tour of our beautiful Maternity Floor! Participants will be able to see rooms in the Labor & Delivery Unit and the Mother-baby Unit. The Stork Tour is also included in the Childbirth Education Series.

January 21	April 15	July 15	November 18*
February 11*	May 20	August 12*	December 16
March 18	June 17	October 14	

Boot Camp for Dads

Saturdays, 9:00 a.m. to 12:00 Noon

Expectant fathers will leave the class feeling more confident, prepared for fatherhood, and ready to be a team with the baby's mother. Content topics include the needs of new mothers and babies, and the role of fathers. This class is led by Master Coach Fathers and veteran dads with babies.

January 25*	April 26	August 16	November 15
February 15	June 28	September 20	December 20
March 22	July 19	October 18	

Additional First Impressions offerings and support groups can be found on the back of this page.



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Additional First Impressions Offerings and Support Groups

Breastfeeding Support Group

Mondays, 5:00 to 6:00 p.m. (one hour prior to the Breastfeeding Basics Class)

Breastfeeding mothers meet to discuss breastfeeding issues and share tips for feeding their babies successfully.

Monday Classes:

January 6*, 27	April 21	July 7*, 21	October 20
February 24	May 5*, 19	August 25	November 3*, 17
March 3*, 24	June 16	September 22, 29	December 15

Saturday Classes:

February 8	June 7	October 11
April 5	August 9	December 13

Postpartum Support

Wednesdays, 5:00 to 6:00 p.m.

This group provides a safe and supportive space for parents and their support person(s) to share their feelings, concerns, and stories as a new parent.

June 18	August 20	October 8	December 10
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Sibling Prep

Wednesdays, 5:00 to 6:00 p.m.

The Sibling Prep class will help older siblings, ages 2 to 7 years of age, understand their place within the family. It includes discussion of a baby's appearance, growth, what to expect when visiting mom and new baby, including do's and don'ts, and hands-on activities.

Parents are asked to attend and stay with their child during the class.

January 15	May 15 (Thursday)	September 17
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Grandparenting

Wednesdays, 6:00 to 8:00 p.m.

Grandparenting offers information on infant care to grandparents. It focuses on changes in the best and safest practices for caring for newborns in recent years.

An infant CPR overview and practice with mannequins is available at the end of the class.

January 15	May 15 (Thursday)	September 17
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Preparing for Baby

The *Preparing for Baby* Library will help you prepare and care for your newest family member. To access the *Preparing for Baby* Library, use the QR code.

You can also visit LMHealth.healthclips.com and search for the listed programs under the *Preparing for Baby* header. You will find a variety of topics on how to prepare and what to expect at 12, 15, 20, 24, 30, and 36 weeks of pregnancy.



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