SESSION 1 12-16 Weeks:
Prenatal testing, nutrition, serving sizes, food diary, healthy lifestyle choices and intro to infant feeding.

SESSION 2 16-20 Weeks:
Body changes during pregnancy, common discomforts, taking care of your back, healthy gums and teeth, and pain-management options during labor.

SESSION 3 20-24 Weeks:
Mental relaxation, breastfeeding your baby, and car-seat safety.

SESSION 4 24-28 Weeks:
Thinking about your family, family planning, fetal brain development, pre-term labor, skin-to-skin and rooming-in.

SESSION 5 26-30 Weeks:
Labor, birth facility, breathing, medications for labor and birth, signs of early labor and when to call your physician, pacifiers and supplementation.

SESSION 6 28-32 Weeks:
The birth experience and birth plans.

SESSION 7 30-34 Weeks:
Your newborn’s first days, planning pediatric care, caring for your baby, circumcisions, brothers and sisters, when to call the pediatrician, how to get a baby latched on during breastfeeding and how to know when a baby is hungry.

SESSION 8 32-36 Weeks:
Pregnancy to parenting transition, kick counts, emotional adjustments, postpartum depression, and pregnancy—when to call.

SESSION 9 34-38 Weeks:
Putting it all together, newborn safety, infant massage and postpartum depression.

SESSION 10 36-40 Weeks:
Newborn care, growth and development; the first month, home and family changes; and when to call the pediatrician.