

FREE VIRTUAL CLASSES



classes offer incentives for participants who live in Region 8



Birth and Beyond

A 4-week course that meets virtually once per week for 2 hours. Throughout the class you'll learn about labor and delivery, what happens after birth, and newborn care. Instructors will share what to expect and how to advocate for you and your baby.



Postpartum Planning

Through a partnership with Postpartum Support International, this 2-hour Postpartum Planning class for 2nd & 3rd trimester expecting parents will cover postpartum physical recovery, partner support, self-care, support networks, lactation and emotional well-being, and perinatal mood and anxiety disorders.



Infant Car Seat Safety

Taught by a certified professional, this class is designed to equip new parents with crucial knowledge on infant car seat safety. Participants learn about proper car seat installation, harness fit, positioning, the importance of rear-facing, and next steps to keep your child safe in the car.



Infant Feeding

Taught by an International Board Certified Lactation Consultant (IBCLC), this class covers all the ways to feed your baby, including breastfeeding, pumping, and formula feeding.

**Use this QR code
to learn more or
register for a class**



About SWMPQIC

SWMPQIC is a collective of parents, educators, representatives from both local and state public health agencies, and health care workers including physicians, nurses, community health workers, doulas, lactation consultants, mental health professionals, social workers, and many others all working to ensure that EVERY family has safe and healthy pregnancies, births, and postpartum periods. Join our work and become part of the Collaborative!

www.swmpqic.com

SWMPQIC

Southwest Michigan Perinatal Quality Improvement Collaborative