

We appreciate the opportunity to provide you with the educational programs listed in this guide. Should you have any questions, please feel free to contact us by phone at (207) 662-6132 or by email at childbirtheducation@mmc.org.

Suggested Timeline for Attending Classes

Week of Pregnancy	Class
4 - 40 weeks	Tours of the Family Birth Center (FREE) (note: a Tour is also included in Childbirth Education class) Prenatal Yoga
24 - 28 weeks	Expecting Multiples
28 - 32 weeks	Childbirth Education (Four-Week Series) Childbirth Education (One-Day Express) Cesarean Birth Family and Friends Infant, Child, and Adult CPR Safety, Childproofing, and First Aid All About Vaccines (FREE)
32 - 36 weeks	Breastfeeding Basics Back to Work/School Breastfeeding Baby Basics Express Baby Basics ... and More! (Two-Week Series)
32 - 36 weeks	Boot Camp for New Dads (FREE) Younger Siblings Older Siblings Grandparents
Baby's Age	Class
0 - 9 months	Breastfeeding Support Groups (FREE) Mothering Circle (FREE)
4 - 8 weeks	Back to Work/School Breastfeeding Class
2 - 6 months	Helping Your Baby Sleep
0 - 36 months	Babywearing Infant Massage Family and Friends Infant, Child, and Adult CPR Safety, Childproofing, and First Aid