

Childbirth Education and Breastfeeding Classes

A stylized illustration of a woman with long, flowing green hair, wearing a blue top, holding a baby wrapped in a white blanket. The woman has a pink circular mark on her cheek and is looking down at the baby. The background is a solid green color with a white wave-like shape at the top. In the top right corner, there are pink leaf-like shapes.

Childbirth education and breastfeeding classes can provide a great environment for questions, sharing fears and making a birthing plan.

During childbirth education classes, parents will learn what to expect before, during and after birth to build their confidence. Knowing what to expect can make a substantial difference in one's birthing experience.

Breastfeeding classes are taught by AdventHealth Gordon lactation counselors. Every time a mother breastfeeds her baby, she helps their immune system develop and their brain to grow. Classes are a good opportunity to be with other moms, make new friends and learn about the various stages of breastfeeding.

These classes are free, but registration is required. Mothers may also bring their spouses/significant others.

These classes are offered at no cost on select dates throughout the year at AdventHealth Gordon in The Baby Place Lounge/Classroom.

To Register: 706-879-4737

Childbirth Education and Breastfeeding Classes

Tuesdays, 6 to 8 pm
The Baby Place Lounge/Classroom

Month	Dates
January	11 th and 18 th
February	8 th and 15 th
March	15 th and 22 nd
April	19 th and 26 th
May	10 th and 17 th
June	14 th and 21 st

Month	Dates
July	12 th and 19 th
August	9 th and 16 th
September	13 th and 20 th
October	11 th and 18 th
November	8 th and 15 th
December	No Classes

There are a series of two classes each month, and attendance to both classes is necessary to receive all educational information. The first class is focused on childbirth education, and the second class in the series is the breastfeeding class.

