

Child Preparation eClasses

The CAMC Family Resource Center's eClasses are pre-recorded, which means they can be completed at your convenience! Designed to fit into your schedule, each class provides a comprehensive, interactive way to learn about childbirth, newborns, breastfeeding and child safety. Each eClass includes engaging videos, 3D animations, learning activities, fun quizzes, helpful web links, downloadable PDFs and a parent's toolbox loaded with interactive tools.

eClasses:

Understanding birth – \$80

Includes eight chapters covering pregnancy, labor, birth stories, comfort techniques, medical procedures, cesarean section, newborns and postpartum.

Understanding your newborn – \$45

Covers the basics that parents need to know to care for an infant in the first months of life. Learn how to diaper, bathe, dress and calm a newborn.

Understanding breastfeeding – \$45

Covers topics such as how breastfeeding works, latching on, getting enough milk, breast care and breastfeeding lifestyles.

Understanding infant and child safety – \$45

Learn which accidents and injuries are most common, what you can do to prevent them and how to be prepared in the event of an emergency.

Growing your family and sibling prep – \$45

Teaches parents how to support their child in becoming a big brother or sister, answer tough questions and reduce jealousy.

Understanding fatherhood – \$45

Interactive online fatherhood class provides important information for expectant and new dads.

Understanding pregnancy – \$45

Teaches expectant parents how to keep themselves and their babies healthy as they take the remarkable journey through pregnancy.

Understanding postpartum health and baby care – \$45

Reviews the most current discharge information for mom and baby. It also discusses pain management, perineal care, baby blues, perinatal mood and anxiety disorders, partner emotions and cesarean birth recovery.

To learn more and register, scan this QR code.

