

*Virtual Resources***PARENTING EDUCATION AND SUPPORT**

Beaumont is here to help you prepare for the birth of your new family member and your role as a new parent by offering evidence-based education and support. Beaumont is your partner in this journey along with your Maternity health care provider. Our virtual classes will allow you to understand more about birth, breastfeeding, or transitioning to parenthood in a welcoming and nonjudgmental space from the comfort of your own environment.

Virtual prenatal classes

- [Understanding Birth](#)
- [Natural Birth](#)
- [HypnoBirthing® – The Mongan Method](#)
- [Understanding Breastfeeding](#)
- [Understanding Your Newborn](#)
- [New Parent Prep Course \(no charge\)](#)

Virtual postpartum classes and support groups

The time after birth can be very challenging for any parent. We're here to help and support you. If you're feeling overwhelmed, anxious, guilty, sad, just not like yourself or have breastmilk questions, please join us. These free online support groups are led by a licensed counselor, registered nurse or certified lactation consultant and are open to Beaumont families. Moms, birth parents, parents, partners and babies are welcome to attend.

- [Postpartum adjustment support](#)
- [Breast Milk Support Group](#)
- [Welcome to Parenthood \(no charge\)](#)

Independent study prenatal classes

Beaumont's Independent Study classes are offered for families that are unable to schedule a virtual class. These classes are self-paced using the Injoy educational materials and accompanying web app which allows you to complete your course from your phone, tablet or computer at anytime that is convenient for you. We also give you a Beaumont certified nurse childbirth educator's contact information for any questions you may have.

- [Understanding Birth](#)
- [Understanding Breastfeeding](#)
- [Understanding Your Newborn](#)



Take a virtual tour of one of our birth centers at beaumont.org/maternity

To enroll in a class or support group visit classes.beaumont.org

Under Catalog - Category: Pregnancy and Newborn Classes.

For questions about our classes, call 248-551-4232
or visit parentingeducationandsupport@beaumont.org.



Learn more about pregnancy, labor, birth and after birth at beaumont.org/maternity

- [Watch free labor and support videos.](#)
- [Breastfeeding information and support.](#)
- [Breathing techniques for labor and birth.](#)
- [Develop your birth plan.](#)
- [Guided imagery during labor and delivery including a free relaxation download.](#)
- [How Beaumont is preparing for your safety during labor and delivery.](#)
- [Sleep strategies for new parents](#)

Beaumont Podcasts

- [The fourth trimester episode](#)
- [Safe care: the labor and delivery episode](#)

Infant Care and Development

- American Academy of Pediatrics healthychildren.org
- U.S. National Library of Medicine Infant and Newborn Care Information in Multiple Languages medlineplus.gov/languages/infantandnewborncare.html
- ZERO To THREE zerotothree.org/parenting
- Pediatric Sleep Council babysleep.com
- Consumer Product Safety Commission Recall List cpsc.gov/recalls

Car seat information

- Visit beaumont.org/maternity and see Car Seats under Additional Resources.

Safe sleep

- beaumont.org/safe-sleep
- Download a free book from the American Academy of Pediatrics, [Sleep What Every Parent Needs to Know](#)

Postpartum adjustment and mood disorders

- Postpartum Support International postpartum.net
- Postpartum Progress postpartumprogress.com
- Postpartum Dads postpartumdads.org
postpartummen.com

