



Childbirth and Parenting Classes

Northwestern Medicine Central DuPage Hospital is committed to helping you navigate the coming weeks, months and years. We offer on-site and virtual classes and programs to support you and your family.

These classes are led by certified prenatal educators. You can attend them in person or virtually:

Understanding Birth

Infant Massage

Understanding Your Newborn

Car Seat Safety

Understanding Breastfeeding

Baby Yoga
(in person only)

Infant, Child and Adult CPR

New Dad Workshop
(in person only)

For a complete list of classes or to register, visit classes.nm.org, call 877.926.4664 (TTY: 711) or scan the QR code.



We often add classes to better support and educate new parents, so check the webpage for an up-to-date list.

Not sure which classes best fit your needs? Call an educator for help at 630.933.1965.

Central DuPage Hospital hosts events to help you get to know the hospital and prepare for giving birth. These events include:

The Virtual or On-Site Birthplace Tour: Learn what to expect when you come to the hospital to give birth. See patient rooms in the Labor and Delivery Unit and our Mother-Baby Unit.

Growing Family Open House: Soon-to-be older siblings can attend with their parents and/or grandparents to learn more about babies. It will also highlight our perinatal classes and programs.

Support group

New Mom Connection

Join us every Wednesday from 10:00 to 11:30 am for support as you adjust to life with a newborn. Find connection as topics are discussed, information is shared and challenges are addressed in a safe, encouraging environment. This group is led by experienced perinatal educators and nurses. Babies are welcome.

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nm.org