

## *The Birthplace and Breastfeeding Clinic*

Stormont Vail Health | 1500 SW 10th Avenue | Topeka, KS

### Free Birth Preparation Classes

#### **Breastfeeding Basics**

This introduction to breastfeeding answers common questions like how breastfeeding works, what problems might arise, where to store breastmilk and more.

#### **Childbirth Preparation**

Learn about the stages of labor, pain management tools, breathing and relaxation techniques, how to involve your support person, and more!

To register for classes, visit [calendar.stormontvail.org](http://calendar.stormontvail.org).

#### **Welcome Baby**

With information for the whole family, this class covers basic infant care incorporating breastfeeding, bathing techniques, diapering, swaddling and car seat safety.

#### **Sibling Class**

This class explores the very special roles of big brother and big sister. Instructors discuss what to expect after the baby comes and how to help the older child adjust to the new baby.

#### **Sibling at Birth Class**

This one-on-one session with a sibling and support person goes over the labor and delivery process to ensure the sibling is of maturity level to appropriately handle the experience.

Call Amy Calhoun at (785) 354-5034 to register.

To register visit [calendar.stormontvail.org](http://calendar.stormontvail.org) or call Health Connections at (785) 354-5225.

View a Birthplace virtual tour, watch pre-recorded classes, or sign up for programs on our website:

[stormontvail.org/health-care-services/centers-clinics-services/the-birthplace](http://stormontvail.org/health-care-services/centers-clinics-services/the-birthplace).



## More Community Resources for Expecting Mothers

### Car Seat Safety

*Car seat checks, child passenger safety resources and more*

#### Safe Kids Shawnee County

##### Stormont Vail Health

1500 SW 10th Ave. • (785) 235-9296

[www.safekids.org/coalition/safe-kids-shawnee-county](http://www.safekids.org/coalition/safe-kids-shawnee-county)

#### Kansas Traffic Safety Resource Office

2930 SW Wanamaker Dr., Ste. 100 • (785) 233-5885

[www.ktsro.org](http://www.ktsro.org)

#### Car Seat Checks

Email: [carseat@stormontvail.org](mailto:carseat@stormontvail.org)

### Health Help

*Nutrition education, breastfeeding support and more*

#### Breastfeeding Center

##### Stormont Vail Health

1500 SW 10th Ave.

Call (785) 354-5034 for an appointment.

#### Women, Infants and Children (WIC)

##### Shawnee County Health Department

2600 SW East Circle Drive • (785) 251-5607

[snco.us/HD/women\\_infants\\_children.asp](http://snco.us/HD/women_infants_children.asp)

#### La Leche League of Topeka

[llltopeka@gmail.com](mailto:llltopeka@gmail.com) • (785) 256-0260

[www.llltopeka.org](http://www.llltopeka.org)

### Maternity & Baby Items

*Food pantries, diapers, clothing, financial assistance and more*

#### Doorstep

1119 SW 10th Ave. • (785) 357-5341

[doorsteptopeka.org](http://doorsteptopeka.org)

#### Let's Help

200 S Kansas Ave. • (785) 234-6208

[letshelpinc.org](http://letshelpinc.org)

#### Baby Closet

##### West Side Baptist Church

1008 SW 4th St. • (785) 233-4241

[wsbctopeka.org/get-help](http://wsbctopeka.org/get-help)

#### “Oh Baby” Resource Guide

[www.snco.us/HD/Document/oh\\_baby\\_resource\\_guide.pdf](http://www.snco.us/HD/Document/oh_baby_resource_guide.pdf)

#### Diaper Depot

##### Community Action of Topeka

1000 SE Hancock St. • (785) 836-4500

[wefightpoverty.org](http://wefightpoverty.org)

#### Catholic Charities of Northeast Kansas

234 S Kansas Ave. • (785) 233-6300

[catholiccharitiesks.org/where-we-work/topeka](http://catholiccharitiesks.org/where-we-work/topeka)

#### Birthright of Topeka

512 SW 7th St. • (785) 234-0701

[birthright.org/topeka](http://birthright.org/topeka)

