

Starting Together – Childbirth Preparation & Breastfeeding Basics

Starting Together is a free, 3-evenings or 1-weekend day prenatal class to prepare pregnant women and their partners for labor and delivery. We will discuss what happens during the hospital stay, infant care, and breastfeeding. Classes are recommended for expectant mothers who are 23 to 32 weeks pregnant. Classes should ideally be completed by 36 weeks.

Breastfeeding Basics is a one-evening class offered to women who want to supplement the Childbirth Preparation class with additional breastfeeding information or who are not taking Starting Together and would like breastfeeding information and/or tour of the birth center.

Please register early as class size may determine cancellation or a waitlist. We will follow the local school district's weather cancellations. Please call for more questions or more information.

Childbirth Preparation series:

District One Hospital

January 11th 8 am - 4:30 pm
 March 5th, 12th, 19th 6 pm - 8:30 pm
 May 7th, 14th, 21st 6 pm - 8:30 pm
 July 18th 8 am - 4:30 pm
 Sept. 10th, 17th, 24th 6 pm - 8:30 pm
 Nov. 5th, 12th, 19th 6 pm - 8:30 pm

Owatonna Hospital

February 13th, 20th, 27th 6 pm - 8:30 pm
 April 18th 8 am - 4:30 pm
 June 11th, 18th, 25th 6 pm - 8:30 pm
 August 6th, 13th, 27th 6 pm - 8:30 pm
 October 8th, 15th, 22nd 6 pm - 8:30 pm
 December 5th 8 am - 4:30 pm

Breastfeeding Basics and Hospital Tour:

District One Hospital

February 6th 6 pm - 8:30 pm
 April 9th 6 pm - 8:30 pm
 June 4th 6 pm - 8:30 pm
 August 20th 6 pm - 8:30 pm
 October 1st 6 pm - 8:30 pm
 December 3rd 6 pm - 8:30 pm

Owatonna Hospital

January 9th 6 pm - 8:30 pm
 March 5th 6 pm - 8:30 pm
 May 7th 6 pm - 8:30 pm
 July 9th 6 pm - 8:30 pm
 September 3rd 6 pm - 8:30 pm
 November 5th 6 pm - 8:30 pm



To register, call 507-497-3518 or email at Startingtogether@allina.com. This class is free.

District One Hospital
 200 State Ave.
 Faribault, MN 55021
 507-497-3743

Owatonna Hospital
 2250 NW 26th St.
 Owatonna, MN 55060
 507-977-2455