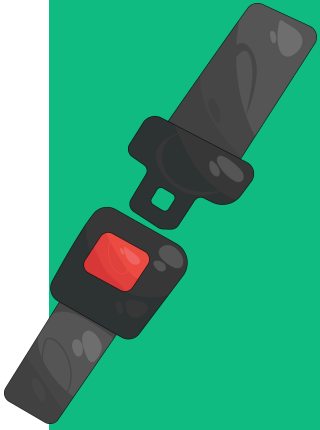


BE A SAFE DRIVER



Always put on your seatbelt no matter how far you are traveling, and make sure all travelers are buckled in before driving.



Put your phone on silent and stored away. If you need your phone for GPS, read the directions **BEFORE** you leave so that you are familiar with the roads and highways you should be looking for.



Keep both eyes and ears focused on driving and paying attention to the road throughout the entire drive.



SPEAK UP FOR YOUR SAFETY!

84% of teens say they
would speak up if the
driver was texting

and

90% of teen drivers say they
would stop texting while driving
if a friend asked them to



Scan the QR
code to learn
more about safe
teen driving



nortonchildrens.com/prevention



IMPACTING OUR COMMUNITY



Scan the QR code to watch a video featuring Sadie Hogg from Norton Children's Prevention and Wellness. She talks about our "Impact Teen Drivers" course on Spectrum News. This course helps teach new drivers how to be safer on the road.



Sadie Hogg



Learn more about Impact Teen Drivers curriculum that is offered through Norton Children's Prevention and Wellness



NORTON
Children's
Prevention & Wellness

8 OUT OF 10 CAR SEATS ARE NOT USED OR NOT INSTALLED THE CORRECT WAY

Norton Children's Prevention and Wellness can give expert care and advice to families to make sure their car seat is safe and works properly in the case of a car crash.



SCHEDULE YOUR FREE APPOINTMENT WITH NORTON CHILDREN'S PREVENTION AND WELLNESS:

- Scan the QR code below
- Call 502-629-7358
- Email us at: NCPW@nortonhealthcare.org



Expectant Parent Schedule

October to December 2025



| Expectant parent classes | Date | Time | Location |
|---|--|----------------------------------|---|
| Substance Use and Healthy Pregnancy | Oct. 1 | 10 a.m. to noon | Catholic Charities Marshall Women's Health & Education Center |
| Comfort Techniques <i>Do not register for this class if you are enrolled in the Lamaze Principles series.</i> | Oct. 1, Nov. 5, Dec. 1 | 6 to 8 p.m. | |
| | Oct. 15 | 6 to 8 p.m. | Norton Clark Hospital |
| | Oct. 20, Nov. 20, Dec. 10 | 6 to 8 p.m. | Zoom |
| | Nov. 22 | 10 a.m. to noon | Norton West Louisville Hospital Marshall Women's Health & Education Center |
| Birth to Baby <i>Do not register for this class if you are enrolled in the Lamaze Principles series.</i> | Oct. 6, Nov. 4, Dec. 4 | 6 to 8 p.m. | Catholic Charities |
| | Oct. 15 | 10 a.m. to noon | Norton Clark Hospital |
| | Oct. 22 | 6 to 8 p.m. | Norton West Louisville Hospital |
| | Dec. 11 | 10 a.m. to noon | Norton Hospital |
| | Dec. 16 | 6 to 8 p.m. | |
| | Oct. 11, Dec. 13 | 10 a.m. to noon | Zoom |
| | Oct. 30, Nov. 17, Dec. 17 | 6 to 8 p.m. | |
| | Nov. 8 | 8 to 10 a.m. | |
| Lamaze Principles (Four-week class series) | Oct. 7, 14, 21, 28 Nov. 3, 10, 17, 24 | 6:30 to 8:30 p.m. 6 to 8 p.m. | Marshall Women's Health & Education Center |
| | Nov. 4, 11, 18, 25 | | Zoom |
| Weekend Prepared Childbirth Essentials <i>Do not register for this class if you are enrolled in the Lamaze Principles series.</i> | Oct. 25, Dec. 6 | 9 a.m. to noon | Norton King's Daughters' Health |
| | Nov. 15 | 9 a.m. to 12:30 p.m. | Norton Clark Hospital |
| Your Healthy Pregnancy | Nov. 13 | 10 to 11 a.m. | Norton West Louisville Hospital |



Zoom classes require a computer or mobile device with internet access and an email address.

| Newborn/infant care | Date | Time | Location |
|---|--------------------------|--------------------------------------|--|
| Baby Basics With a Pediatrician | Oct. 1, Nov. 5, Dec. 3 | 6 to 7 p.m. 1 to 2 | Zoom |
| Safe Baby Essentials | Oct. 9, Nov. 13, Dec. 11 | p.m. 6 to 7 p.m. | Zoom Zoom |
| Safe Grandparenting | Nov. 25 | 6 to 7 p.m. | Marshall Women's Health & Education Center |
| Infant CPR | Oct. 9, Nov. 6, Dec. 2 | 6 to 7 p.m. 7:30 to 8:30 p.m. | Norton West Louisville Hospital |
| | Oct. 9 | 10 to 11 a.m. 6 to 7 p.m. | Norton Clark Hospital |
| | Oct. 29 | 7:30 to 8:30 p.m. 10 to 11 a.m. 6 to | Catholic Charities Marshall Women's Health & Education Center |
| | Nov. 19 | 8:30 p.m. 6:30 to | Zoom |
| Family & Friends CPR | Oct. 13 | 7:30 p.m. | Norton Clark Hospital |
| Developmental Milestones | Oct. 22 | 6 to 8 p.m. | Zoom Marshall Women's |
| Caring for Mom and Baby <i>Do not register for this class if you are enrolled in the Lamaze Principles series.</i> | Oct. 8 | 6 to 8 p.m. 6 to 8 | Health |
| | Oct. 9, Dec. 17 | p.m. 10 a.m. to | & Education Center |
| | Oct. 27, Dec. 8 | noon | Catholic Charities |
| | Oct. 29 | 10 a.m. to noon | Zoom Zoom Norton West |
| | Nov. 8 | 6 to 8 p.m. Noon | Louisville |
| | Nov. 12 | to 2 p.m. 6 to 8 | Hospital |
| | Nov. 13 | p.m. | Norton Hospital |
| | Nov. 25 | | |

| New Baby groups (for parents with infants up to 1 year) | Date | Time | Location |
|--|------------------------|------------------|-------------------------|
| New Baby: Music and Bonding | Every Tuesday, | | Marshall Women's Health |
| | Oct. 7 through Dec. 16 | 10 to 11:30 a.m. | & Education Center |

| Maternity tours | Date | Time | Location |
|--------------------------------------|------------------------------------|-------------------------------------|--|
| Norton Hospital | Oct. 2, 16; Nov. 6, 20, Dec. 4, 18 | 6 to 7 p.m. 5 to 6 | Zoom |
| | Oct. 28, Nov. 25, Dec. 16 | p.m. | Norton Hospital |
| | Oct. 2, 16; Nov. 6, 20; Dec. 4, 18 | 8 to 9 p.m. | |
| Norton Women's & Children's Hospital | Oct. 7, Nov. 4, Dec. 2 | 7 to 8 p.m. Noon to 1 p.m. | Zoom |
| | Oct. 22, Nov. 19, Dec. 17 | 2 to 3 p.m. 5 to 6 p.m. 5 to 6 | Marshall Women's Health & Education Center |
| | | p.m. | Zoom |
| | Oct. 23, Nov. 13, Dec. 11 | 6:15 to 7:15 p.m. 7:30 to 8:30 p.m. | Marshall Women's Health & Education Center |

| Breastfeeding classes | Date | Time | Location |
|------------------------------------|---------------------------|----------------|--|
| Breastfeeding Essentials | Oct. 8, Nov. 13, Dec. 3 | 6 to 8 p.m. | Marshall Women's Health & Education Center |
| | Oct. 9 | Noon to 2 p.m. | Norton West Louisville Hospital |
| | Oct. 11, Dec. 13 | 8 to 10 a.m. | Zoom |
| | Oct. 16, Nov. 19 | 6 to 8 p.m. | |
| | Oct. 21, Nov. 18, Dec. 16 | 5 to 7 p.m. | Norton Clark Hospital |
| | Oct. 28 | 6 to 8 p.m. 10 | Norton Hospital |
| | Nov. 12 | a.m. to noon | Catholic Charities |
| Milk Expression and Pumping Basics | Dec. 5 | 6 to 8 p.m. | Marshall Women's Health & Education Center |

| Special classes | Date | Time | Location |
|--------------------------------------|--|-----------------------|--|
| Gettinto KnowNeonatal Intensive Care | Oct. 7 | 6 to 7:30 p.m. | Zoom |
| Childbirth Refresher | Oct. 15, Dec. 10 | 6 to 7 p.m. Noon | Zoom |
| | Nov. 20 | to 1 p.m. 6 to 8 p.m. | |
| Understanding Your Cesarean Delivery | Oct. 23, Nov. 19, Dec. 11 | 6 to 8 p.m. 6:30 | Zoom Zoom Zoom |
| Understanding Your Multiples | Oct. 30 | to 7:30 p.m. | Marshall Women's Health & Education Center |
| All About Doulas | Nov. 6 | 6 to 7 p.m. | Marshall Women's Health & Education Center |
| Sibling Class | Nov. 7 | | Zoom |
| Dogs and Babies | Nov. 12 | 6 to 7:30 p.m. | |
| Your Pregnancy and Pelvic Health | Dec. 17 | 6:30 to 7:30 p.m. | |
| Gestational Diabetes | Requires a referral from your OB provider. Call (502) 629-2604 for more information. | | |



For class descriptions or to register, visit **NortonBaby.com**, call **(502) 629-1234**, option 4, or scan the **QR code**.



Zoom classes require a computer or mobile device with internet access and an email address.

| Clases prenatales en español | Fecha | Hora | Lugar |
|--|-----------------|--------------------|--|
| Técnicas de relajación para el parto | 10 de octubre | 11 a.m. a mediodía | Family Health Center |
| | 21 de octubre | 6 a 8 p.m. | Zoom |
| Trabajo de parto, intervenciones médicas y parto por cesárea | 14 de octubre | 6 a 8 p.m. | Zoom |
| | 1 de noviembre | 9a.m. a mediodía | Family Health Center |
| Posparto y recién nacido | 11 de noviembre | 6 a 8 p.m. | Zoom |
| | 12 de diciembre | 11 a.m. a mediodía | Family Health Center |
| Técnicas de RCP (resucitación cardiopulmonar) en bebés | 14 de noviembre | 11 a.m. a mediodía | Family Health Center |
| | 9 de diciembre | 6:30 a 7:30 p.m. | Marshall Women's Health & Education Center |
| Lactancia materna | 18 de noviembre | 6 a 8 p.m. | Marshall Women's Health & Education Center |
| <p>Norton Healthcare en asociación con y Family Health Center, ofrece cursos que cubren diversos temas relacionados con el embarazo y la atención del recién nacido. Para inscribirse en una clase, llame (502) 899-6029 o envíe un correo electrónico a ChildbirthEducators@nortonhealthcare.org.</p> | | | |

In-person class addresses

Catholic Charities of Louisville

435 E. Broadway
Louisville, KY 40202

Family Health Center - East Broadway

834 E. Broadway
Louisville, KY 40204

Marshall Women's Health & Education Center

Norton Medical Plaza 3 - St. Matthews, Suite 108
4123 Dutchmans Lane
Louisville, KY 40207

Norton Clark Hospital

Lower-level Conference Room
1220 Missouri Ave.
Jeffersonville, IN 47130

Norton Hospital

Second-floor Conference Room
200 E. Chestnut St.
Louisville, KY 40202

Norton King's Daughters' Health

Conference Room Oak 2
1373 E. State Road 62
Madison, IN 47250

Norton West Louisville Hospital

Gouverneur H. Nixon Jr. Community
Education Center
850 S. 28th St.
Louisville, KY 40211

