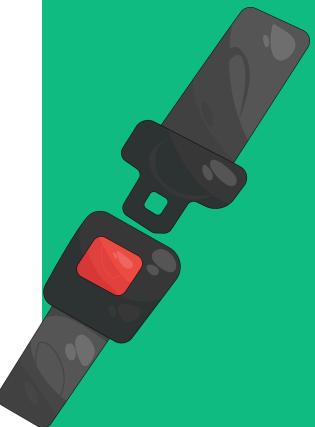


BE A SAFE DRIVER



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.



Scan the QR code to learn more about safe driving for teens



NORTON
Children's
Prevention & Wellness

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



NORTON
Children's
Prevention &
Wellness



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.



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




**NORTON
Children's
Prevention &
Wellness**



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	
	Oct. 30, Nov. 17, Dec. 17	6 to 8 p.m.	Zoom
	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 p.m.	Zoom
Safe Baby Essentials	Oct. 9, Nov. 13, Dec. 11	6 to 7 p.m.	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. 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
	Oct. 13	7:30 p.m.	Norton Clark Hospital
Family & Friends CPR	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 p.m.	Health & Education Center
	Oct. 9, Dec. 17	10 a.m. to noon	Catholic Charities
	Oct. 27, Dec. 8	noon	Zoom Norton West Louisville
	Oct. 29	10 a.m. to noon	Hospital
	Nov. 8	6 to 8 p.m. Noon	Norton Hospital
	Nov. 12	to 2 p.m. 6 to 8	
	Nov. 13	p.m.	
	Nov. 25		

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

Maternity tours	Date	Time	Location
Norton Hospital	Oct. 2, 16; Nov. 6, 20; Dec. 4, 18	6 to 7 p.m. 5 to 6 p.m.	Zoom
	Oct. 28, Nov. 25, Dec. 16	8 to 9 p.m.	Norton Hospital
	Oct. 2, 16; Nov. 6, 20; Dec. 4, 18	7 to 8 p.m. Noon	Zoom
Norton Women's & Children's Hospital	Oct. 7, Nov. 4, Dec. 2	to 1 p.m.	
	Oct. 22, Nov. 19, Dec. 17	2 to 3 p.m. 5 to 6 p.m. 5 to 6 p.m.	Marshall Women's Health & Education Center
	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
Getting to Know Neonatal Intensive Care	Oct. 7	6 to 7:30 p.m.	Zoom
Childbirth Refresher	Oct. 15, Dec. 10	6 to 7 p.m. Noon	
	Nov. 20	to 1 p.m. 6 to 8 p.m.	Zoom
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 envie 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

NortonMedical Plaza3-St. Matthews, Suite108
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 Oak2
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

