

## Education

Together. Confident. Prepared.

Please register for childbirth education classes by the fourth month of pregnancy. Plan to complete your prenatal classes by the 36th week of pregnancy. Need more information? Please contact us at 765.646.8288. To register for classes, call 765.646.8288.

### Prepared Childbirth

This series of classes covers six topics and provides information to empower the expectant mother, her family and the baby's future caregiver(s) to make informed choices.

Prenatal Class Series Each class covers a specific topic.	TIME	SESSION A	SESSION B	SESSION C	SESSION D
<b>Class 1</b> Pregnancy, Labor, and Comfort Techniques	6 - 9 p.m.	Tues., Mar. 15	Tues., July 12	Tues., Sept. 27	Tues., Nov. 8
<b>Class 2</b> Labor Interventions and Rehearsal	6 - 9 p.m.	Thurs., Mar. 17	Thurs., July 14	Thurs., Sept. 29	Thurs., Nov. 10
<b>Class 3</b> Postpartum and Newborn Care	6 - 9 p.m.	Tues., Mar. 22	Tues., July 19	Tues., Oct. 4	Tues., Nov. 15
<b>Class 4</b> Infant CPR Breastfeeding	6 - 6:45 p.m.	Thurs., Mar. 24	Thurs., July 21	Thurs., Oct. 6	Thurs., Nov. 17
	7 - 9 p.m.				
<b>Class 5</b> Daddy Boot Camp	6 - 7:30 p.m.	Mon., Mar. 28	Mon., July 25	Mon., Oct. 10	Mon., Nov. 21

#### TOPICS INCLUDE

- Pre-term labor
- True versus false labor
- Stages of labor
- Comfort techniques for labor
- Breathing and relaxation techniques
- Whirlpool therapy
- Labor positions
- Pain medications and epidurals
- Coaching techniques
- Medical interventions
- Pitocin and induction of labor
- Cesarean Sections
- Care for mom after delivery
- Boot Camp for New Dads®
- Newborn care, feeding, diapering, bathing, illnesses and safety
- Infant CPR
- Breastfeeding
- Tour of The Birthing Center

#### Spanish Prenatal Class

This class is for Spanish-speaking expectant mothers and their families. The class reviews childbirth preparation, including true versus false labor, stages of labor, pain control options including epidurals, Cesarean delivery, newborn care and breastfeeding. The class is taught entirely in Spanish. Please call **765.646.8288** to schedule a class.

#### La clase del parto

Esta clase es para las mujeres embarazadas que hablan español y sus familias. La clase repasa la preparación para el parto, lo cual incluye los dolores del parto (verdaderos y falsos), las etapas del parto, y las opciones para aliviar el dolor, por ejemplo la anestesia epidural y la cesárea. La clase también revisará el cuidado del recién nacido y la lactancia materna. Se dará la clase completamente en español. Por favor de llamar numero **765.646.8288** para programar su clase.

Prenatal Class	TIME	choose one SATURDAY
<b>One-day Saturday class</b> Please consider also signing up for a Saturday breastfeeding class as this topic is not included in this class.	9 a.m. - 4:30 p.m.	February 13 May 28 August 20 October 22

We reserve the right to cancel any classess with 2 or fewer registered participants.



Breastfeeding Class	TIME	choose one SATURDAY
<b>One-day Saturday class</b>	9:30 a.m. - 11:45 a.m.	January 16
		May 14
		September 10

Breastfeeding Support Group	TIME	weekday
<p>This support group is for mothers who are breastfeeding and/or wish to breastfeed. It is an opportunity to work directly with a lactation consultant and discuss breastfeeding issues/problems, as well as a chance to support other women who may be having similar issues. The lactation consultant can do a weight check on baby, a latch assessment, help with pumping and provide information about breastfeeding success and any problems that may arise. No appointment needed. Bring your baby, your pump (if you have one) and any questions you may have.</p>	10:00 a.m. - 11:30 a.m.	Monday
	6:30 p.m. - 8:00 p.m.	Wednesday

Sibling Class	TIME	choose one
<p>Our sibling class is for new brothers and sisters who would like to take a tour of The Birthing Center, watch a video about newborn characteristics and learn what to expect when Mom comes home with the baby. Siblings should be accompanied by an adult and be at least three years old. Siblings are encouraged to bring their own doll or stuffed animal so they can practice diapering skills.</p>	5:00 p.m. - 5:45 p.m.	February 18
		May 5
		August 11

### Postpartum Depression Support

Please call **765.646.8332** if you have questions or concerns about PPD.

PPD is a depression that affects about one in ten mothers within the first year after delivering a child. Due to hormonal changes, it can occur at any time after childbirth and can last well beyond the first year if left untreated. We offer screenings for PPD, as well as follow-up therapy and support.

### Continuing Support

The Birthing Center offers 24-hour access to nurses for any questions about labor, delivery, breastfeeding and baby care. Call **765.646.8288** for information.

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