

Saturday, May 2

- Childbirth Preparation Class
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Childbirth Preparation Class

Time: 6:00pm

Join us the first Saturday of every month!

Please call 339-4563 to register.

Introduction

- Fetal growth and development and discussion
- Nutrition
- Common discomforts of pregnancy

Admission to labor and delivery

- Labor and delivery process, first stage breathing techniques
- Demonstrations and practice session

Labor and delivery process, second and third stages

- Film "Labors of Love" and discussion
- Relaxation facts and practice session

Recovery period

- Sex and birth control
- Role of the coach
- Breastfeeding
- Bottle feeding

Couplet Care**Labor variations, complications and interventions**

- Comfort measures for labor
- Tour of The Stork's Landing
- Practice session, breathing and relaxation

Breastfeeding Class**Car Safety**

- Newborn Care
- Farewell