

Prepared Childbirth, Breastfeeding, & Super Sibling Classes

2010



■ Prepared Childbirth Class ■

This three week course guides you through pregnancy, childbirth and caring for your infant. Please register at approximately 24 weeks. There is no charge for patients delivering at Regional Hospital and \$50 if not. All classes are held from 7:00 pm – 9:00 pm in the Lower Level Conference Center at Regional Hospital.

Syllabus for Three Week Class:

- Class I:** Q&A with OB/GYN MD, Introduction to Prepared Childbirth, Nutrition, Exercise, Preterm Labor, Coping Strategies, Anatomy & Physiology, Discomforts of Pregnancy
- Class II:** Pain Management, Stages of Labor, Delivery, Relaxation & Breathing Techniques, Role of Labor Coach
Q&A from Anesthetist, Epidurals, Unplanned Events During Labor & Delivery, Family Planning
- Class III:** Q&A from Pediatrician, Baby Care, Postpartum, New Father, Tour of Family Birth Center

Session 1:	Jan 18, 25, Feb 1
Session 2:	March 8, 15, 22
Session 3:	April 26, May 3, 10
Session 4:	June 7, 14, 21
Session 5:	Jul 19, 26, Aug 2
Session 6:	Sept 13, 20, 27
Session 7:	Oct 25, Nov 1, 8

■ Breastfeeding Classes ■

A very thorough class for those considering breastfeeding as their infant's feeding choice. All concepts considered important in getting breastfeeding off to a great start will be discussed using videos, dolls, flip charts, breast models, etc. There is no cost for attending the class if you are delivering at Regional Hospital and \$20 if not. The class will be held from 7:00 pm – 9:00 pm in the Lower Level Conference Center at Regional Hospital of Jackson.

Classes: Feb 8, March 29, May 17, June 28, Aug 9, Oct 4, Nov 15

■ Super Sibling Class ■

Designed to acquaint children 2½ to 8 years old with hospital facilities and the fundamentals of baby care, this class also addresses the family's concern with pregnancy, childbirth and sibling rivalry. Classes meet on Saturday from 10:00 am – 11:00 am in the Lower Level Conference Center at Regional Hospital of Jackson. The class is free if delivering at Regional Hospital and \$10 if not.

Classes: Feb 27, May 29, Aug 28, Dec 11

■ Condensed Childbirth Class ■

Is available for those who are unable to attend the 3 week class or for those wanting a refresher course in childbirth. Class is from 12:00 pm – 3:00 pm in the Lower Level Conference Center at Regional Hospital of Jackson. This class is free to those patients delivering at Regional Hospital and \$20 if not.

Classes: Feb 27, May 29, Aug 28, Dec 11

■ To register for classes ■

**Call The Family Birth Center at
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**REGIONAL HOSPITAL
OF JACKSON**

www.regionalhospitaljackson.com