



Breastfeeding

Our breastfeeding class is taught by a certified lactation consultant and will answer the most common questions about breastfeeding. We will discuss how your body makes milk; getting the baby latched on; how to tell things are going well and going back to work. This one-session class meets monthly.

Coping with labor

A monthly one-session class designed to give you and your labor partner the information you need to make your pain management decisions for labor. This class includes breathing, relaxation, massage, medications and epidurals. You will need to bring a blanket or mat and two pillows to class.

Childbirth

We will discuss the complete labor process from Stage 1 to Stage 3. This information will include how to know you are in labor; when to come to the hospital; what does the birthing suite look like; how long will I stay and what to expect when I go home. This class is available during the week or on a Saturday.

NEW PARENT EDUCATION 2006

<u>Weekly childbirth</u> 6:30 – 9:00PM	<u>Saturday childbirth</u> 9:00AM–3:00PM	<u>Breastfeeding</u> 6:30 – 8:30PM	<u>Coping with Labor</u> 6:30 - 8:30PM
	Jan. 7	Jan. 18	
Feb. 6 & 13			Feb. 22
	Mar. 4	Mar. 30	
Apr. 3 & 10			Apr. 12
	May 6	May 22	
June 1 & 8			June 14
	July 22	July 31	
Aug. 17 & 24			Aug. 23
	Sept. 9	Sept. 25	
Oct. 2 & 9			Oct. 18
	Nov. 4	Nov. 20	
Dec. 4 & 11			Dec. 13

***To register for classes,
please call***

1-888-440-REAL

***Thank you for trusting
your health care to
St. John River District Hospital***