



ST. FRANCIS MEDICAL CENTER
Franciscan Missionaries of Our Lady Health System

Prenatal Classes

2010

ABCs of Baby Care • Tuesday, 7-9 p.m.

Provides essential information about newborn infants and their care. Topics include newborn characteristics and needed supplies, as well as instructions on diapering, bathing, feeding, and safety. Common concerns are addressed, making this a very worthwhile experience for parents-to-be. This class also includes information on infant CPR and choking. There is no fee for this class, and it is a one-night, two-hour class. 2/2, 4/6, 6/1, 8/3, 10/5, 11/30

Breastfeeding Class • Tuesday, 6:30-8:30 p.m.

This class is for those who are interested in learning about breastfeeding. Content includes preparation for breastfeeding, benefits of breastfeeding, positioning, and common problems associated with breastfeeding (and their prevention). There is no fee for this class, and it is a one-night, two-hour class. 1/12, 2/9, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, 12/14

Childbirth Basics • Thursday, 7-9 p.m.

Prepares couples with an overview of the labor, delivery, recovery and postpartum experience. A video of an actual birth is shown. We urge you to attend this class. The person who will be with you in the delivery room is encouraged to attend also. Topics taught include Cesarean birth. There is no fee for this class, and it is a one-night, two-hour class. 1/21, 2/18, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, 12/16

Prepared Childbirth • Monday, 6:30-8:30 p.m.

A three-week series for couples that prepares them intellectually, physically, and emotionally for the childbirth experience. Prepared Childbirth is a comprehensive overview of what you will experience starting at 36 weeks through labor and birth and into the postpartum period. This course offers information about various ways to cope with pregnancy, labor, birth, and postpartum. Not only do we teach breathing and relaxation, the course will cover medication and epidural options. You will also learn about hospital procedures that take place from the moment you enter as a patient. We emphasize knowledge, preparation, and your role as an informed patient. The information taught is relevant to everyone, no matter what your desire for a labor experience. This class is helpful for all expectant parents, including those who may need a refresher course. You should begin Prepared Childbirth between 28 and 32 weeks. If you have any questions about this course, please call Labor & Delivery at 966-4188. There is a \$50 fee for this class. A new course begins each month, and the classes are held each Monday from 6:30-8:30 p.m. for three consecutive weeks. 1/11, 2/1, 3/1, 4/12, 5/3, 6/7, 7/5, 8/2, 9/6, 10/4, 11/8, 11/29

Sibling Class • Saturday, 10-11:30 a.m.

Designed for big brothers and big sisters ages 4-10 and their parents who are preparing for a new baby. Children are encouraged to bring their own teddy bear or doll for hands-on practice activities such as diapering, feeding and holding a new baby. Children are also given a tour of the labor area. There is no fee for this class. 2/27, 4/24, 6/26, 8/28, 10/23, 12/4

***These classes are open to the public. Pre-registration is required.
For registration and class location information, call (318) 966-4700.***