

# Childbirth Classes



## 28-week prenatal class

This class includes:

- I'm 28 weeks — what happens now?
- Fetal kick counts
- Preterm labor precautions
- Birth plans and preview of labor
- How will you feed your baby?

This class meets in the Women's Health clinic from 5 to 7 p.m. on Tuesdays, except federal holidays.

## 36-week prenatal class

This class includes:

- Are you packed?
- GBS testing
- True vs. false labor
- When to come to the hospital
- Procedures and instruments
- Pain management
- Coaches role
- Postpartum care
- Newborn characteristics
- Signs and symptoms to report

This class meets in the clinic from 5 to 7 p.m. on Thursdays, except federal holidays.

## Breastfeeding class

This class includes:

- Why breast milk?
- How to nurse without pain
- How to know if baby is getting enough
- What to do if baby does not latch to breast
- Breast pumps and other gadgets
- How to get dad involved
- When to call for help

This class meets in the clinic from 7 to 9 p.m. on the third Tuesday of the month, and every fourth Saturday from 10 a.m. to noon, except federal holidays.

## Labor & Delivery tours

Women's Health also offers a tour of the Labor and Delivery unit every Tuesday and Wednesday at 5 p.m. This tour is included in both the 28-week and 36-week prenatal classes.