



2018 Family Birth Center

Prenatal Classes for Childbirth Preparation



Early Pregnancy (First Trimester to 20 weeks)

This free class is designed to help you have a healthy pregnancy, and is available between weeks 12 and 20 with an office appointment or contact Samantha. Call 231.924.1344.

Preparation for Childbirth (Second or Third Trimester)

This **five-week series** covers all aspects of your preparation for birth. Topics include labor and delivery information, relaxation and breathing techniques, pain management, cesarean birth, CPR, infant massage, postpartum care and breastfeeding. Classes are taught by certified childbirth educators/RN's. This class requires a modest fee, which most insurances cover. To register call 231.924.1344.

January Start Dates:	Monday, January 8	OR	Wednesday, January 10
February Start Dates:	Monday, February 26	OR	Wednesday, February 28
April Start Dates:	Monday, April 23	OR	Wednesday, April 25
June Start Dates:	Monday, June 11	OR	Wednesday, June 13
August Start Dates:	Monday, August 6	OR	Wednesday, August 8
September Start Dates:	Monday, September 24	OR	Wednesday, September 26
November Start Dates:	Monday, November 12	OR	Wednesday, November 14

HypnoBirthing

This five-session class starts January afternoons, May evenings, September evenings and November afternoons. For more information contact 231.924.1344.

Childbirth Review

This class reviews labor, delivery, relaxation and breathing for those who have previously taken childbirth classes. You will also be discussing changes in obstetrics over the past few years. By appointment only. To register, call 231.924.1344.

Infant CPR

This free class will help you understand what to do if your infant should choke or stop breathing. Grandparents are welcome. For dates and to register, call 231.924.1344.

Breastfeeding - The best gift you can give your new baby!

Join this class to learn up-to-date, accurate breastfeeding information. To register, call 231.924.7155 or 231.924.1344.

Big Kids Class

This free class is designed just for kids 3 to 10 years old. This class will teach them about becoming a big brother or sister. They will enjoy learning about their new role and how to help care for the new baby. Class will include a fun DVD, information about babies and a tour of the Family Birthing Center. To register, call Samantha at 231.924.1344.