

PRENATAL 2020 EDUCATION CLASSES

Family Birth Place
Baby Tested • Mother Approved



PREPARATION FOR CHILDBIRTH

Who: For expectant mothers and the support person who plans to participate at birth. A labor coach should attend with the mother.

What: Includes prenatal exercises, relaxation techniques, breathing patterns, fetal development, as well as the process of labor and delivery. Also includes adjusting to parenthood and the newborn. Part of the course session is devoted to discussion of Cesarean section and vaginal birth after Cesarean section (VBAC).

When: Should be attended during the last two months of pregnancy. Classes meet in Memorial's **South (SA) or North Auditorium (NA)** from 6 pm to 8 pm.

- January 6(SA), 13(NA), 20(SA)
- March 2(SA), 9(SA), 23(SA)
- May 4(SA), 11(SA), 18(SA)
- July 6(SA), 13(SA), 20(SA)
- September 14(SA), 21(NA), 28(SA)
- November 2(SA), 9(SA), 16(SA)

Cost: \$120.00 (covered by Medicaid). If self-pay, the cost is \$96.00 (20% discount). The cost of this class allows you to take our Infant Care and Preparation for Breast Feeding classes at no additional cost. Participants may also attend one to two refresher classes at \$40.00 each (covered by Medicaid) or \$32.00 (20% discount) if self-pay.

PREPARATION FOR BREASTFEEDING

Who: Expectant mothers who are planning to breast feed.

What: Instruction on the art of breast feeding. To learn the benefits of breast feeding, preparation, nutritional needs and weaning.

When: Classes meet in Memorial's **South Auditorium** from 6 pm to 8 pm.

- February 3
- April 6
- June 1
- August 3
- October 5
- December 7

Cost: • \$30.00 if separate (covered by Medicaid)
• If self-pay, the cost is \$24.00 (20% discount)

The Family Birth Place at Memorial offers a host of prenatal and childbirth classes for expectant mothers and family members.

Call for customized appointments and flexible spending methods.

Pre-registration is required for all classes. It is strongly recommended to call for classes early in your pregnancy.

Contact Memorial's Call Center at 989-729-6422 or 1-866-900-6422 to register.



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INFANT CARE

Who: Parents, grandparents, baby sitters and siblings, age 12 and older.

What: Information and practice on bathing, dressing, formula preparation, feeding, cord and circumcision care, and parenting skills.

When: Classes meet in Memorial's **South (SA) or North Auditorium (NA)** from 6 pm to 8 pm.

- February 10(SA)
- April 13(NA)
- June 8 (SA)
- August 10(SA)
- October 12(SA)
- December 14(SA)

Cost: Free with paid Childbirth class.

- \$30.00 if separate (covered by Medicaid)
- If self-pay, the cost is \$24.00 (20% discount)



TOT TOUR

Who: For siblings of any age and their parents.

What: To help the young child prepare for the birth of the baby brother or sister. Includes discussion on infant care and behavior, mother's trip to the hospital, tour of the birth suites and nursery.

When: Scheduled at your convenience. Contact (989) 723-5211, extension 1535 to make your appointment.

Cost: Free

Pre-registration is required for all classes.

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at 989-729-6422 or 1-866-900-6422 to register.**



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