

2010 CLASS SCHEDULE

CLASS 1

- A. What is a Contraction?
True/False Labor
 - B. Pre-Term Labor
 - C. Signs & Symptoms of Labor
 - D. Stages of Labor
 - E. Video: The Stages of Labor
 - F. Breathing & Relaxation
Techniques
 - G. Role of the Labor Coach
- Instructor:** *St. Mary's Innovis Health, Labor & Delivery*

CLASS 2

- A. Cesarean Section
 - B. Medications Used in Labor
 - C. Inductions
 - D. Video: The Miracle of Birth
 - E. Tour of the BirthCare Center
- Instructor:** *St. Mary's Innovis Health, Labor & Delivery*

CLASS 3

- A. What to Bring to the Hospital
 - B. Postpartum Cares
 - C. Breast Feeding
 - D. Video: The Miracle of Birth
continued
 - E. Unanticipated Outcomes
- Instructor:** *St. Mary's Innovis Health, Labor & Delivery*

CLASS 4

- A. Video: Home Before You
Know It
 - B. Newborns:
What Do They Look Like?
What Can They Do?
 - C. Care of Newborns
 - D. Safety Issues
 - E. Immunizations
 - F. Community Resources
 - G. Infant CPR/Choking Review
 - H. Bottle Feeding
- Instructor:** *St. Mary's Innovis Health, Labor & Delivery*

CLASS 5

- A. Car Seat Safety: Becker
County Police Dept.
 - B. Review
- Instructor:** *St. Mary's Innovis Health, Labor & Delivery*



Childbirth

PREPARATION CLASSES



2010 REGISTRATION FORM

Please fill out completely and return to:

St. Mary's Innovis Health
1027 Washington Avenue
Detroit Lakes, MN 56501

Attn: Childbirth Instructor, 4th floor

Mother's Name: _____

Labor Companion: _____

Address: _____

City/State/Zip: _____

Phone (home): _____

Phone (work): _____

Physician: _____

Hospital: _____

Due Date: _____

Names/Ages of Children:

1. Name: _____

Age: _____

2. Name: _____

Age: _____

3. Name: _____

Age: _____

4. Name: _____

Age: _____

Date of Classes Desired: _____

Donation: \$ _____

Review/Refresher Class: _____

PREPARATION CLASSES

This series of classes is designed to prepare the expectant mother and her labor companion for the birth of the baby. Through the use of discussions, lectures, demonstrations and videos, expectant mothers learn how to better care for themselves and their baby, as well as help them gain confidence and feel more comfortable about the upcoming birth.

The expectant mother and her labor companion should begin this series of classes during the 6th or 7th month of pregnancy.

All classes are held in Conference Rooms A & B at St. Mary's Innovis Health.

Class participants should wear casual comfortable clothing. Suggested donation is \$30 for all five classes.

If interested in review/refresher classes, please select the class(es) you are interested in attending. Suggested donation is \$5/class.

CLASS TOPICS INCLUDE:

- Labor & Delivery
- Breast & Bottle Feeding
- Cesarean Birth
- Postpartum Period
- Role of the Labor Companion
- Breathing Patterns & Relaxation Techniques
- Newborn Care
- Unexpected Outcomes

2010 CHILDBIRTH PREPARATION CLASS SCHEDULE

**Childbirth Classes are held on Tuesdays, 6:30 - 8:30 p.m.
St. Mary's Innovis Health • (218) 847-0804
Conference Rooms A & B**

CLASSES

Every Tuesday evening for five classes.

- January 5 - February 2
- June 29 - July 27
- February 16 - March 16
- August 24 - September 21
- March 30 - April 27
- October 5 - November 2
- May 11 - June 8
- November 16 - December 14

Class Schedule on Backside