



(Includes refresher for repeat families)

## Childbirth Preparation Classes For the year 2008

**Childbirth Preparation Classes provide education and information for our childbearing families based on their individual needs.**

**The Five Week Series** (Basic Childbirth Education): Each series spans a five-week period. Classes are held weekly on Tuesday or Thursday evening, 6:30–8:30 pm. (Class is limited to 12 couples.)

Topics covered are:

- Class #1: STAGES OF LABOR AND DELIVERY  
(Includes refresher for repeat families)
- Class #2: LABOR PREPARATION
- Class #3: C-SECTION/EPIDURAL DELIVERY

- Class #4: POST-DELIVERY CARE;  
INFANT SAFETY/CPR; TOUR
- Class #5: A VISIT WITH THE PEDIATRICIAN  
AND AWARD CEREMONY

**The Weekender:** This class is held on one Saturday per month from 8:30 am to 4:30 pm.

Topics covered are:

- LABOR PREPARATION
- RELAXATION AND BREATHING
- TOUR OF FAMILY BIRTHPLACE
- C-SECTION/EPIDURAL DELIVERY
- POST-DELIVERY CARE
- AWARD CEREMONY

**Refresher Class** (for family having 2nd or 3rd baby): This class offers a review of the birth process, relaxation and breathing techniques. Class is held on Thursday evening from 6:30–8:30 pm.

**Breast Feeding Class:** This class covers breast feeding techniques, getting started with breast feeding, etc. Class meets on Monday evening from 6:30–8:30 pm. (Unlimited class size.)

**Sibling Class:** This class will introduce the sibling to babies and the hospital. The class meets on Saturday morning from 10–11am. (Class is limited to 7-8 children.)

**Class Fees:**

- \$40 if delivering at ETMC
- \$50 if not delivering at ETMC
- Breast Feeding Class – \$25
- Sibling Class – \$10 per child

**PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.**

(Please see reverse for individual dates of all classes.)



East Texas Medical Center  
Regional Healthcare System

# Childbirth Preparation Classes – For the year 2008

**For Registration & Information please call  
(903) 531-8890 or 1-800-648-8141  
(Monday–Friday, 7am–7pm)**

Please be sure you dress comfortably and if enrolling in the Five-Week Series, The Weekender, or Refresher Class, bring 2-3 pillows with you to class.

## **FIVE-WEEK SERIES (# = Thursday Night)**

**(• designates start of a five-week series)**

### **Tuesday**

- 02/19/2008
- 02/26/2008
- 03/04/2008
- 03/11/2008
- # 03/27/2008
- 04/08/2008
- 04/15/2008
- 04/22/2008
- 04/29/2008
- # 05/08/2008
- 05/27/2008
- 06/03/2008
- 06/10/2008
- 06/17/2008
- # 06/26/2008
- 08/19/2008
- 08/26/2008
- 09/02/2008
- 09/09/2008
- # 09/18/2008
- 09/30/2008
- 10/07/2008
- 10/14/2008
- 10/21/2008
- # 10/30/2008
- 11/11/2008
- 11/18/2008
- 12/02/2008
- 12/09/2008
- # 12/18/2008

### **Thursday**

- 01/10/2008
- 01/17/2008
- 01/24/2008
- 01/31/2008
- 02/07/2008
- 02/21/2008
- 02/28/2008
- 03/06/2008
- 03/13/2008
- 03/27/2008
- 04/10/2008
- 04/17/2008
- 04/24/2008
- 05/01/2008
- 05/08/2008
- 05/29/2008
- 06/05/2008
- 06/12/2008
- 06/19/2008
- 06/26/2008
- 07/10/2008
- 07/17/2008
- 07/24/2008
- 07/31/2008
- 08/07/2008
- 08/21/2008
- 08/28/2008
- 09/04/2008
- 09/11/2008
- 09/18/2008
- 10/02/2008
- 10/09/2008
- 10/16/2008
- 10/23/2008
- 10/30/2008
- 11/13/2008
- 11/20/2008
- 12/04/2008
- 12/11/2008
- 12/18/2008

## **REFRESHER CHILDBIRTH CLASS**

### **Thursday**

- 01/10/2008
- 02/21/2008
- 04/10/2008
- 05/29/2008
- 07/10/2008
- 08/21/2008
- 10/02/2008
- 11/13/2008

## **BREAST FEEDING CLASS**

### **Wednesday**

- 01/16/2008
- 02/13/2008
- 03/12/2008
- 04/09/2008
- 05/21/2008
- 06/11/2008
- 07/16/2008
- 08/13/2008
- 09/10/2008
- 10/15/2008
- 11/12/2008
- 12/10/2008

## **SIBLING CLASS**

### **Saturday**

- 01/19/2008
- 03/29/2008
- 05/24/2008
- 07/19/2008
- 09/20/2008
- 11/15/2008

## **THE WEEKENDER CHILDBIRTH CLASS**

### **Saturday - 1 Day, 8 Hour Class**

- 01/05/2008
- 02/02/2008
- 03/01/2008
- 04/05/2008
- 05/03/2008
- 06/14/2008
- 07/12/2008
- 08/02/2008
- 09/06/2008
- 10/04/2008
- 11/01/2008
- 12/06/2008



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