



(Includes refresher for repeat families)

Childbirth Preparation Classes For the year 2010

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

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 Tuesday 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 10-12 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 2010

**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 (# = Tuesday Night)

(• designates start of a five-week series)

Tuesday

- 01/05/2010
- 01/12/2010
- 01/19/2010
- 01/26/2010
- 02/02/2010

- 02/16/2010
- 02/23/2010
- 03/02/2010
- 03/09/2010
- 03/16/2010

- 03/30/2010
- 04/06/2010
- 04/13/2010
- 04/20/2010
- 04/27/2010

- 05/11/2010
- 05/18/2010
- 05/25/2010
- 06/01/2010
- 06/08/2010

- 06/22/2010
- 06/29/2010
- 07/06/2010
- 07/13/2010
- 07/20/2010

- 08/03/2010
- 08/10/2010
- 08/17/2010
- 08/24/2010
- 08/31/2010

- 09/14/2010
- 09/21/2010
- 09/28/2010
- 10/05/2010
- 10/12/2010

- 10/26/2010
- 11/02/2010
- 11/09/2010
- 11/16/2010
- 11/23/2010

Thursday

- 02/18/2010
- 02/25/2010
- 03/04/2010
- 03/11/2010
- # 03/16/2010

- 04/01/2010
- 04/08/2010
- 04/15/2010
- 04/22/2010
- # 04/27/2010

- 05/13/2010
- 05/20/2010
- 05/27/2010
- 06/03/2010
- # 06/08/2010

- 08/05/2010
- 08/12/2010
- 08/19/2010
- 08/26/2010
- # 08/31/2010

- 09/16/2010
- 09/23/2010
- 09/30/2010
- 10/07/2010
- # 10/12/2010

- 10/28/2010
- 11/04/2010
- 11/11/2010
- 11/18/2010
- # 11/23/2010

REFRESHER CHILDBIRTH CLASS

Tuesday

- 01/05/2010
- 02/16/2010
- 03/30/2010
- 05/11/2010
- 06/22/2010
- 08/03/2010
- 09/14/2010
- 10/26/2010

BREAST FEEDING CLASS

Monday

- 01/18/2010
- 02/15/2010
- 03/15/2010
- 04/19/2010
- 05/17/2010
- 06/21/2010
- 07/19/2010
- 08/16/2010
- 09/20/2010
- 10/18/2010
- 11/15/2010
- 12/13/2010

SIBLING CLASS

Saturday

- 01/23/2010
- 03/27/2010
- 05/22/2010
- 07/24/2010
- 09/18/2010
- 11/20/2010

THE WEEKENDER CHILDBIRTH CLASS

Saturday - 1 Day, 8 Hour Class

- 01/09/2010
- 02/06/2010
- 03/06/2010
- 04/03/2010
- 05/08/2010
- 06/05/2010
- 07/10/2010
- 08/07/2010
- 09/18/2010
- 10/09/2010
- 10/30/2010
- 12/04/2010



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