

## *Prepared Childbirth Education...Benefits for Mom and Dad*

*The woman who is prepared physically, mentally and emotionally for each phase of childbirth will experience a minimum of discomfort during labor and will be able to participate effectively in the birth.*

*Training classes will teach her and her partner what to expect and how to cooperate. Childbirth for this couple becomes a memorable and exciting event. The expectant couple who learns together shares deeply and meaningfully in the experience.*



*For more information about prepared childbirth classes, or any other women's health issues, contact the OB-GYN Department at Bay Area Medical Center or go to [bamc.org](http://bamc.org)*



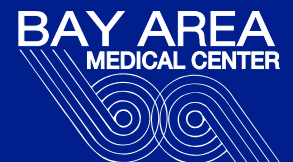
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[bamc.org](http://bamc.org)



*What You Should Know About*

***Prepared Childbirth Classes  
for Expectant Parents***



# Prepared Childbirth Classes

## The Learning Process

- You can learn what to expect of labor and how to apply breathing and relaxation techniques
- You can achieve an attitude of confidence and cooperation regarding the approach of labor and delivery
- You will be able to participate calmly, effectively and with dignity in the birth of your baby
- Your childbirth will then be a joyous, fulfilling experience to be shared by both parents

## A Family Experience

Childbirth is a family experience, and the father plays an active, important role. He can help his partner in class and at home to learn and practice the exercises and the breathing techniques. During labor, he guides her and provides invaluable moral support.

## Your Physician and Lamaze

The prepared method of childbirth is in accordance with contemporary obstetrical practice. Your physician is ultimately responsible for decisions affecting the safety of you and your child.

## General Information

- Classes are conducted year-round
- Instructors are registered nurses from Bay Area Medical Center
- There is no fee for these classes

## Breastfeeding

For ANYTIME during your pregnancy, this class will provide you with in-depth instruction on how to be successful. This class is helpful for those who have breastfed before, for those who will be starting for the first time, and for those who may have had some concerns with breastfeeding from a previous pregnancy.

## Baby Care

For ANYTIME during your pregnancy, this class gives demonstrations on bathing your baby, safety instructions, and general information on circumcision, infant characteristics, formula feeding and newborn care.

## Sibling Preparation

For ANYTIME during your pregnancy, this is a fun class for the kids expecting a new brother or sister. Consists of a video that shows all the different emotions having a new baby in the house can bring, a demonstration of holding a new baby, a tour of the department to see where Mom will sleep and a souvenir picture for the baby's crib. The kids will go home with a coloring book that can be used to continue discussion and preparation at home. Recommended for ages 2-1/2 and older.

## Labor and Breathing Relaxation Techniques

For LATER in your pregnancy, this class teaches you how to be prepared for labor, has you practice with your coach, and can be used as a refresher for those who have "been through it before." Wear comfortable clothes and bring two pillows to practice with. Should be taken with the Delivery and Post-Partum class.

## Delivery and Post-Partum

For LATER in your pregnancy, this class prepares you for the big event with information about what to expect, as well as sharing of some couples' experiences on video. Should be taken with the Labor and Breathing Relaxation class.

## OB 'Potpourri' and Tour

For LATER in your pregnancy, this class goes over many of the "forms" and information that may otherwise be overwhelming at the time of admission. Also included will be policies specific to the OB department, such as visiting hours and security instructions, and will conclude with a tour of the OB/GYN department.

Pre-registration for these classes is required. Classes are scheduled every other month. Most classes take place from 6:00-8:00 p.m. in the Michigan-Superior Classroom, located on the lower level of Bay Area Medical Center. Breast-feeding classes are from 4:00-6:00 p.m., and Sibling Preparation classes are held at 3:00 p.m.

Parents can attend the series from beginning to end, or just the portions that interest them. There is no fee.

For a complete schedule of classes and to pre-register, call the OB/GYN department at Bay Area Medical Center: (715) 735-4200, Ext. 4050. To register on-line within the month prior to the class session, go to our website at [bamc.org](http://bamc.org), and under "Upcoming Events," click on the Prepared Childbirth Classes, then follow the prompts.

