

## Congratulations!

As an expectant mother, you are about to embark on one of life's most amazing and wonderful journeys. Perhaps the most important gift you can give to you and your baby is the gift of a healthy, happy pregnancy. The McDonough District Hospital Obstetrics (OB) Department offers a full range of courses designed to make each family member's experience the best that it can be! We encourage you to take advantage of all of the courses that apply to your situation. All Childbirth and Infant Care Classes are free unless otherwise noted.

### 4-Week L.A.T.E. Classes (Childbirth Instruction)

**Tuesdays, 7:00 to 9:15 PM**

Don't be late for these classes! Join other expectant parents in a class designed to help women know their birthing options, increase their confidence in their body's ability to give birth, and help their partners build the skills needed in their role as primary support person. During the classes, your instructor will explain the stages of labor: Latent, Active, Transition and Expulsion (L.A.T.E.). They will incorporate not only breathing and relaxation techniques, but will teach you various labor positions to help make each phase of labor as manageable as possible. Our instructors are experienced OB nurses at MDH with more than 40 years of nursing experience between them. They are skilled at helping women cope with the challenges of labor, and they will use humor to make this a fun class for you and your support person. A tour of the Dolores Kator Switzer Women's Center will be included in this series.

January 10, 17, 24, 31      March 7, 14, 21, 28      May 2, 9, 16, 23  
June 27; July 11, 18, 25      August 29; September 5, 12, 19      October 24, 31; November 7, 14

### Cesarean Section Class

**Tuesdays, 7:00 to 9:00 PM**

This one-evening class will provide information about some of the common reasons for cesarean birth. We'll also discuss what you can expect during your postoperative period. This class is strongly recommended for those who wish to have their support person join them in the operating room.

February 14      April 11      June 6  
August 8      October 3      November 28

### Sibling Class

**Saturdays, 10:00 to 11:00 AM**

This one-hour class is designed to help the "big brother" or "big sister" understand what it will be like to have a new baby in the family. The class instructors will use interactive play and videos to help little people see how important they still are in the family, even though they are now the "big kids." Milk and cookies will be provided, and children will have the opportunity to color a picture that will be placed on the crib of "their baby" after he or she arrives.

February 4      May 6      August 5      November 4

### Postpartum Care and Understanding Your Newborn

**Tuesdays, 7:00 to 9:15 PM**

This class will focus on what you can expect after your baby is born. We'll talk about the emotional changes you'll go through, what physical changes you can expect to occur, the importance of rest and proper nutrition and family planning issues. We'll also discuss normal characteristics of newborns, how often you should do basic baby care tasks, when to call your healthcare provider and what information he or she will want to know when you call.

February 21      April 18      June 13  
August 15      October 3      December 5

### Breastfeeding Class

**Tuesdays, 7:00 to 9:00 PM**

This is a one evening class that will provide instruction on breastfeeding. A certified Lactation Specialist will provide information about the importance of breastfeeding as well as tips and techniques to help make this an enjoyable time for you and your baby.

February 7      April 4      May 30  
August 1      September 26      November 21

### CPR/First Aid Class (nominal fee for this class)

We encourage parents to take a CPR class prior to the baby's arrival to learn valuable techniques. If you are interested, complete the online Heartsaver Course through the American Heart Association at <https://shopcpr.heart.org/Heartsaver-cpr-aed-online> at a cost of \$15.00. McDonough District Hospital charges \$30.00 for the skills check-off portion of CPR certification; but we will waive that fee for you and your support person who have taken the L.A.T.E. class with us.

### Understanding Birth eClass

**Can't come to childbirth class?  
We'll bring the class to you.**

If you work late or on the weekends, or if you find yourself on bed rest for health reasons, our online childbirth education program is the perfect alternative to an in-person class.

Offered for a nominal fee

**Contact us today to learn more!**

