



2026

CHILDBIRTH PREPARATION CLASS SCHEDULE & DATES

**SATURDAY CLASS DATES: JAN 17 | MARCH 28
MAY 9 | JULY 25 | SEPT 12 | NOV 14**

WHERE LIFE'S STORY BEGINS...

HELPING PREPARE FOR LABOR AND DELIVERY

Preparing for a new baby is one of the most exciting experiences in life. With the arrival of your little one, everything will transform. However, along with the immense joy a new baby brings, it is very natural to experience fears and concerns. Myrtue's Birthing Center offers Childbirth Preparation Classes to help you become knowledgeable and prepare you for your journey to parenthood.

Fast-track Childbirth Preparation Classes are held on Saturdays from 9 AM to 4 PM in the Myrtue Medical Center Auble Room located on the north side of the hospital at the Administration Entrance. *Lunch and snacks are provided.*

Our nurse-led classes offer an overview of what to expect and how to guide yourself through the phases of labor. The expectant mother and support person will learn relaxation techniques and breathing models to manage contraction pain, different laboring positions, and view a 3-D video of a complete birth that demonstrates labor progress. The session will also cover pain management options, labor interventions, and cesarean deliveries. You will also have the opportunity to practice the relaxation and breathing techniques with the instructor. This is a great time to ask labor and delivery questions to be best prepared to welcome your little one into the world.



REGISTRATION DETAILS:

- To register, scan the QR code
- The class fee is \$45
- If financial assistance is needed, please call 712.755.4343

*Haley & Dillon with baby
Callen, born at Myrtue's
Birthing Center*



3rd TRIMESTER

28 - 40 WEEKS

1. Prenatal Consultation

Welcome to your third trimester of pregnancy, you are almost there! Now that you have reached 28 weeks, Cara Cacy, RN, IBCLC, Myrtue Birthing Center's in-house certified lactation consultant and car seat technician will be reaching out to schedule your prenatal consultation. This personalized visit is designed to address your specific needs, answer questions, and help you finalize preparations for your little one's arrival. Additionally, you and Cara will go over:

- Your breastfeeding or bottle feeding goals
- Tour the Birthing Center
- Check your car seat and get it fitted into your vehicle
- Review your birth plan
- Choose your baby's doctor

CARA CACY, RN, IBCLC
712.755.4482

CCACY@MYRTUEMEDICAL.ORG



Cara is also available as a resource during those critical early days after birth.

2. Glucose Tolerance Test

The Glucose Tolerance Test (GTT) measures how well your body processes sugar and can help diagnose gestational diabetes. Gestational diabetes can occur during pregnancy when a woman's body cannot produce enough insulin, a hormone that helps cells use blood sugar for energy. It is important to detect if you have gestational diabetes so you can receive treatment during your pregnancy to prevent problems for you and your baby.

- Your maternity provider will order a GTT at your first appointment in your third trimester
- Do not eat any concentrated sweets one hour before your appointment

HOW IT WORKS

1. You will be given a sugary beverage to drink
2. Blood will be drawn one hour after finishing your drink

3. Count the Kicks

Once you reach the third trimester, it is very important to start paying attention to the movements of your little one. Knowing what's normal for your baby helps you notice when a possible change in their movements occur.

- Download the Count the Kicks app (free in your mobile app store)
- Using the app, track the amount of time it takes for your baby to move 10 times
- Pick a specific time during the day to track your baby's movements (pick the same time each day)



Alert Myrtue's Birthing Center or your maternity provider immediately if a change in movement occurs (this may be the earliest or only sign that your baby needs medical attention).