MYRTUE Birthing Center

Baby Livia, born at Myrtue's Birthing Center



2027

CHILDBIRTH PREPARATION CLASS SCHEDULE

SATURDAY CLASS DATES: JAN 16 | MARCH 27 MAY 8 | JULY 17 | SEPT 11 | NOV 20

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 childbirth preparation class boosts confidence during labor and prepares you for the journey to parenthood.

Fast-track Childbirth Preparation Classes are taught by Shelley Kruse, BSN, RN, Certified Childbirth Educator, 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 Business Center 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.



Broghan & Madison Kelly with baby Lyndin, born at Myrtue's Birthing Center

REGISTRATION DETAILS:

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

3rd TRIMESTER

28 - 40 WEEKS

1. Prenatal Consultation

Welcome to your third trimester of pregnancy. Now that you have reached 28 weeks, Cara Cacy, RN, IBCLC, Myrtue Birthing Center's Internationally Board-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. Topics discussed at prenatal consultation:

- Your breastfeeding or bottle feeding goals
- Choosing and using a breastpump
- Prenatal colostrum collection
- Personalized flange fitting
- Birthing Center tour
- Check car seat/fit into vehicle
- Review your birth plan
- Choose your baby's doctor

To get breastfeeding off to a good start, Cara will meet with you during your hospital stay and follow up after you go home.



CARA CACY, RN, IBCLC
712.755.4482
CCACY@MYRTUEMEDICAL.ORG

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 women'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 pay attention to the movements of your little one. Download the app today! CountTheKicks.org

1. Count your baby's movements
2. Know what is normal for your baby
3. Call your provider if something changes

Pick a consistent time each day to track your baby's movements. If you notice a change in your baby's normal movements, it takes considerably longer than usual, or there is a wild or violent spike in movement, call and go to the Birthing Center immediately. This may be the only sign your baby needs medical attention. Trust your maternal instinct. It is always best to get checked and get reassurance.