

2023

MYRTUE MEDICAL BIRTHING CENTER MATERNAL & CHILD HEALTH CLASS SCHEDULE

WITH YOU EVERY STEP OF THE WAY PREPARING FOR LABOR AND BIRTH

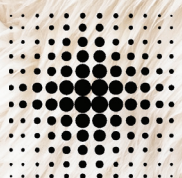
Planning for a new baby is one of the most exciting experiences you'll ever have. With the arrival of your newborn, your life will change. But even with all the joy that a new baby brings, it's very natural to have fears, doubts, and concerns. Myrtue Medical Center offers Childbirth Preparation Classes to prepare and support you during the entire process of becoming a parent.

During the Childbirth Prep Class, our healthcare professionals will answer your medical questions and practical concerns. Through classroom instruction and practice sessions, the certified childbirth educator will also teach you the latest relaxation, breathing, and pushing techniques. At Myrtue, we believe in taking an active part in your family's well being.



INSTRUCTOR AND GUEST SPEAKERS FOR CHILDBIRTH PREPARATION:

- SHELLY KRUSE, RN, BSN, Certified Childbirth Educator
- CARA CACY, RN, Internationally Board Certified Lactation Consultant and Certified Passenger Safety Technician
- ANGELA MITCHELL, LPN, AND AMY HOFFMANN, BS ELEMENTARY ED, Learning for Life Program Coordinators
- KINSEY PHIFER, Certified SBD Doula and Hygge Birth and Baby Doula



MYRTUE
Medical Center

Where Life's Story Begins

2023

FAST-TRACK CHILDBIRTH PREPARATION CLASS

CLASS SCHEDULE & DATES



**SATURDAY CLASS DATES: JAN 7 | MARCH 11
MAY 13 | JULY 22 | SEPT 16 | NOV 11**

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 class offers an overview of what to expect and how to guide yourself through the phases of labor. A complete demonstration of birth with the use of 3-D video will be viewed. The expectant mother and support person will learn relaxation models, breathing techniques to manage labor discomforts, and positions in labor which the labor nurse may ask you to perform to facilitate your baby's safe passage through the delivery canal. Pain control options, labor interventions, and cesarean deliveries will also be addressed. Sample labor will be used to practice relaxation and breathing techniques learned. Videos on postpartum care and newborn characteristics will also be viewed and discussed.

REGISTRATION DETAILS FOR CLASSES:

- To register, go to myrtuemedical.org/birthing-center
- Registration is required one week before class
- The Childbirth Preparation Class has a fee of \$45
- If financial assistance is needed, please call 712.755.4343



MYRTUEMEDICAL.ORG