

PRENATAL EDUCATION

Your baby will be here before you know it!



WOODLAND HEIGHTS
MEDICAL CENTERSM

505 S. John Redditt Drive • Lufkin, TX 75904

www.woodlandheights.net

Introduction to Prepared Childbirth

Expectant parents enrolled in this class are provided with information to help them be physically and emotionally prepared for the childbirth experience. Each session is held for three consecutive weeks on Tuesday nights.

During the first class, parents-to-be will learn about hospital registration and the process for obtaining a birth certificate, and will tour the Women's Center. The stages of labor and birth are presented with a video and class discussion. Participants will receive basic information to make their hospital visit easier.

A local pediatrician will visit during the second session to help expectant parents become more prepared for the arrival of their newborn.

In the third class, infant CPR and car seat safety are presented in addition to relaxation and breathing techniques and effective coaching techniques.

We recommend parents take the prepared childbirth class in the sixth or seventh month of pregnancy.

2011 Class Schedule

Tuesday nights, 7-9 p.m. (*each class meets for three weeks*)

January 4, 11, 18

July 5, 12, 19

March 1, 8, 15

September 6, 13, 20

May 3, 10, 17

November 1, 8, 15

Infant Feeding Class

For moms-to-be who have made the decision to breastfeed or for those who are still uncertain, the infant feeding class offers up-to-date information about the advantages of breastfeeding. Topics include:

- Benefits of breastfeeding based on research
- Basic breastfeeding techniques
- Pumping and storage of milk for working mothers
- Storage of formula and the introduction of solid foods

2011 Class Schedule

Wednesday night, 7-9 p.m.

January 26

July 27

March 23

September 28

May 25

November 23

All classes are held in the Second Floor Classroom of Woodland Heights Medical Center unless otherwise noted. Call **936-699-CARE(2273)** for information or to register.

Make sure you get things started on the right foot by being part of our Tiny Toes program. Member benefits include:

- Skilled and experienced staff
- Online resources and information
- Birthing classes
- Keepsakes and more

www.woodlandheights.net/tinytoes