

# PRENATAL EDUCATION

Your baby will be here before you know it!



WOODLAND HEIGHTS  
MEDICAL CENTER<sup>SM</sup>

505 S. John Redditt Drive • Lufkin, TX 75904

[www.woodlandheights.net](http://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. 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. Infant CPR is also discussed in this session.

In the third class, the stages of labor and birth are presented with a video and class discussion. The following areas are reviewed:

- Relaxation and breathing techniques
- Effective coaching techniques

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

### 2010 Class Schedule

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

January 5-19	July 6-20
March 2-16	September 14-28
May 11-25	November 9-23

## 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

### 2010 Class Schedule

Wednesday night, 7-9 p.m.

January 27	July 28
March 24	October 6
June 2	December 1

All classes are held in the Second Floor Classroom of Woodland Heights Medical Center unless otherwise noted. Call **936-699-CARE** 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