

Class Registration Form

Name _____

Labor Support Person _____

Address _____

City _____ State _____ Zip _____

Home Telephone _____

Work Telephone _____

E-Mail Address _____

Due Date _____ Doctor _____

Hospital Choice _____

All classes require pre-registration.

Fee includes class materials and breaks.

- Childbirth Education \$40.00
- Breastfeeding Class \$10.00
- Both classes \$50.00

I/we will attend Childbirth Class Session: (please check)

- Session 1:** January 7, 14, 21 and 28, 2010
- Session 2:** February 25, and March 3, 11, and 18, 2010
- Session 3:** April 15, 22, 29 and May 6, 2010
- Session 4:** June 3, 10, 17, and 24, 2010
- Session 5:** July 22, 29, and August 5 and 12, 2010
- Session 6:** September 9, 16, 23 and 30, 2010
- Session 7:** October 28 and November 4, 11 and 18, 2010

I/we will attend Breastfeeding Class: (please check)

- Class 1:** Monday, January 11, 2010
- Class 2:** Monday, March 1, 2010
- Class 3:** Monday, May 10, 2010
- Class 4:** Monday, July 19, 2010
- Class 5:** Monday, September 13, 2010
- Class 6:** Monday, November 8, 2010

Checks should be made payable to:

Cuyuna Regional Medical Center (CRMC)

Mail completed registration and payment to:

Cuyuna Regional Medical Center
Childbirth Class Registration
320 East Main Street
Crosby, MN 56441

You will receive a call the Monday before your session confirming your registration.

*What should I bring to the hospital?
How will I know when I am in labor?
What can I expect during labor?*

Congratulations on Your Pregnancy!

While the upcoming birth of your baby

is an exciting time, it may leave you

with a variety of questions.

These are just a few of the questions that

will be answered at

Cuyuna Regional Medical Center's

Childbirth Education classes.

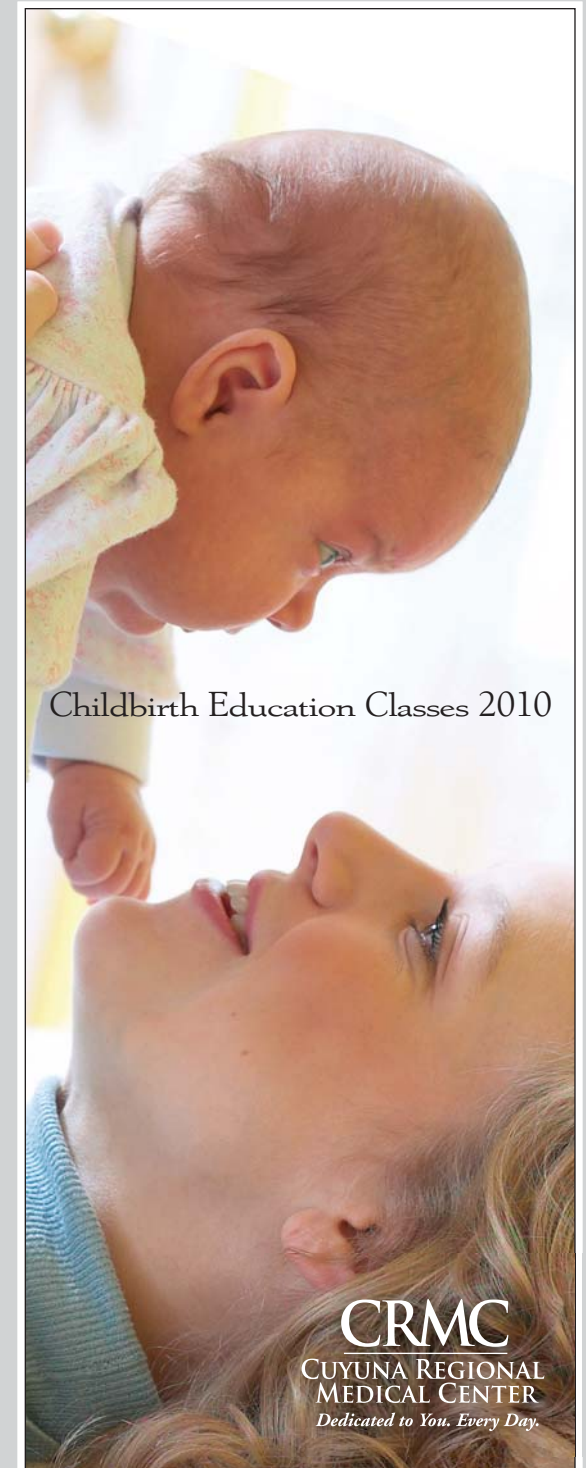
The more knowledgeable and

confident you feel as you enter

into this exciting time, the more

positive your childbirth experience will be.

Childbirth Education Classes 2010



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Breastfeeding Your Newborn

The decision to breastfeed your newborn is a personal choice. It is a unique and wonderful gift that only you can give your baby. Our class will provide you with information on benefits of breastfeeding, feeding techniques, what to expect when breastfeeding your baby and overall breast care. If you have not yet decided how to feed your baby, now is the time to gain some valuable insight.

This one time class will be held on Monday evenings from 7:00-9:00 P.M. in the Tunnel Conference Room at Cuyuna Regional Medical Center.

Breastfeeding classes:

- Class 1:** Monday, January 11, 2010
- Class 2:** Monday, March 1, 2010
- Class 3:** Monday, May 10, 2010
- Class 4:** Monday, July 19, 2010
- Class 5:** Monday, September 13, 2010
- Class 6:** Monday, November 8, 2010

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320 East Main Street | Crosby, Minnesota 56441
218-546-7000 | 888-487-6437 | www.cuyunamed.org



Childbirth Classes

The childbirth education class series is a comprehensive, interactive and enjoyable progression of classes designed for mothers and fathers and/or their labor support person. It is an opportunity to get to know other expectant parents as well as an opportunity to practice your birthing skills.

Classes are held on Thursday evenings from 6:30-9:00 P.M. in the Tunnel Conference Room at Cuyuna Regional Medical Center.

Class One: Comfort Measures for Pregnancy
Signs of Labor
How to Know You Are In Labor
How to Know If Your Water Has Broken
True Labor vs. Warm Up Contractions
Timing Contractions and Kick Counts
Breathing and Relaxation Techniques

Class Two: Stages of Labor and Comfort Measures
Support Person Role
Pre-term Labor
Birthing Options

Class Three: Relaxation Medications and Epidurals
for Labor Pain Management
Medical Interventions
Cesarean Sections
Postpartum Care for Mom and Newborn

Class Four: Ready, Set Go!- The First Six Weeks
Just for Dads
Understanding Your Baby's Language
Tour of Birthing Area

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Mothers should wear comfortable clothing.

Classes include a refreshment break.

An adult support person is encouraged to attend.