

OB GROUP EDUCATION CLASSES
PARTICIPANTS FOR EVERY CLASS SHOULD WAIT FOR INSTRUCTOR IN WOMEN'S HEALTH:
OBSTETRICS CLINIC WAITING ROOM (BUILDING 9, 2ND LEVEL)

CLASS NAME	DAYS OFFERED	TIME	DESCRIPTION	SCHEDULE: JANUARY-JUNE 2014	
PREPARED CHILDBIRTH	Some Saturdays, Sundays per month (see schedule column)	900-1500	One-day, 6 hour class includes what to expect when having a baby at WRNMMC, comfort measures, false versus true labor, role of support person, stages of labor, pain control options including epidurals, delivery methods, relaxation, breathing, cesareans, recovery and postpartum.	Jan. 4 Jan. 11 Feb. 1 Feb. 23 March 2 March 8 March 15	April 26 April 27 May 17 May 31 June 7 June 28
BREASTFEEDING	Some weekday evenings each month (see schedule column)	1900-2100	For mom and partner. Benefits of breastfeeding for mom, baby, family. How to get started, common concerns, support persons role, WRNMMC support.	Jan. 13 Jan. 29 Feb. 5 Feb. 11 Feb. 27 March 4 March 26	April 3 April 25 May 8 May 20 June 10 June 26
PREPARED CHILDBIRTH WITH BREASTFEEDING	Some Saturdays, Sundays per month (see schedule column)	900-1700	One-day, 8 hour class. Combines the 6-hour childbirth class and the 2-hour breastfeeding class (descriptions above).	Jan. 25 Jan. 26 Feb. 8 Feb. 9 March 22 March 23	April 5 April 6 May 3 May 4 June 21 June 22

INFANT CARE	Two Fridays a month (see schedule column)	1300-1530	Newborn appearance, WRNMMC newborn procedures, safety measures, when to call the doctor, infant behavior, coping techniques, hands-on practice diapering, bathing and holding a baby, using a doll.	Jan. 24 Jan. 31 Feb. 7 Feb. 21 March 14 March 28	April 4 April 11 May 2 May 16 June 6 June 20
SIBLING	One Saturday or Sunday a month (see schedule column)	900-1100	Children learn about babies, tour labor & delivery, watch a film, hold a "baby," do an activity. Parents learn WRNMMC policy regarding children in labor & delivery and how to incorporate another child into the family. Parents must remain with their children.	Jan. 12 Feb. 22 March 29	April 12 May 10 June 14
REFRESHER PREPARED CHILDBIRTH	One Saturday or Sunday a month (see schedule column)	900-1200 Unless noted as 1300-1600	Quick refresher for those who have delivered before. What to expect at WRNMMC, stages of labor, comfort measures, pain control options including epidurals, relaxation, delivery methods.	Jan. 12 (1300-1600) Feb. 2 March 1	April 13 May 18 June 29
TOUR OF LABOR & DELIVERY	Every Tuesday	1300-1430	Tour of labor & delivery room, meet pediatrician, mock delivery. Your questions about labor and delivery are answered.		