



VETERANS MEMORIAL HOSPITAL
Waukon, Iowa 52172
563 568-3411

Prepared Childbirth Education

2019



Veterans Memorial
Hospital

40 1st St. SE

Waukon, IA 52172

563-568-3411



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Prepared Childbirth Education 2019

For the Prepared Childbirth Education Classes, we are offering you and your partner a 3 session course on 3 consecutive Monday evenings that will allow you to choose which topics you wish to learn more on for the upcoming birth of your baby. You may choose to attend one, two or all three sessions.

SESSION 1: LABOR, DELIVERY AND POSTPARTUM 6:00-9:00 pm

This session will focus on what to expect during labor, delivery and the postpartum period. Topics include: timing contractions, true labor vs. false labor, the stages of labor, induction of labor, cesarean sections, partner support throughout the process, and how to care for yourself after delivery.

SESSION 2: RELAXATION, BREATHING AND PAIN MANAGEMENT 6:00-8:30 pm

This session will focus on relaxation and breathing techniques to help you through your labor and delivery process. We also discuss positions for comfort as well as pain medications available to you during this process. We do get down on the floor and practice, feel free to bring your pillow along.

SESSION 3: INFANT CARES 6:00-8:30 pm

This session will focus on caring for your newborn following delivery and when you go home. Topics include: bathing, feeding, diapering, SIDS, swaddling, and Infant CPR.

Tours are available of the OB Department after each session.



Registration Information

*Classes are held on 3 consecutive Mondays each quarter in the Large Conference Room of Veterans Memorial Hospital in Waukon, Iowa.

*The cost of the class is **FREE for any expectant parents delivering at VMH!** Expectant parents delivering at another facility are welcome to attend any session for \$10 per session.

*To register, please fill out the form in this brochure and return it to:

Veterans Memorial Hospital, Attn: OB Manager,
40 1st St. S.E., Waukon, IA 52172.

*If you are sending payment, please make checks payable to Veterans Memorial Hospital. You may also register online at www.veteransmemorialhospital.com.

Once your registered you will receive an email or phone call to confirm your spot.

**Class dated for 2019
(Mondays)**

**Session 1: January 7, April 8, July 9, and
October 7**

**Session 2: January 14, April 15, July 15, and
October 14**

**Session 3: January 21, April 22, July 22, and
October 21**

*Questions? Please call 563-568-3411, ext. 470
or
email childbirth@vmhospital.com



Registration Form

Name: _____

Support Person: _____

Mailing Address:

Home Phone: _____

Cell Phone: _____

Email Address: _____

Due Date: _____

Delivering Facility: _____

Delivering Doctor: _____

Dates of Sessions I wish to attend:

Session 1: _____

Session 2: _____

Session 3: _____

Credit Card Payment:

____ Master Card ____ Visa

Card # _____

Exp. Date: _____

Signature: _____