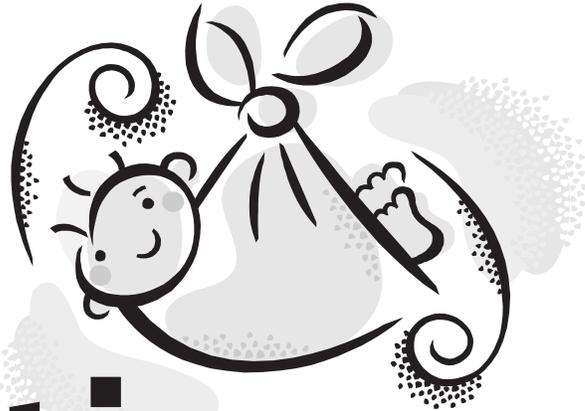


From the first craving to the first contraction to the first birthday candle, St. Luke's is here for you.



When you're **expecting,** *we deliver!*

Pregnancy is a time for many changes in your body - and in your life. The Family Birthing Center at St. Luke's Hospital offers classes to help expectant parents prepare for these changes. Offered primarily in the evening, the classes are taught by nurses who are certified in childbirth education and lactation consultation.

Childbirth Education

Cost: \$75

This four-week course helps parents-to-be prepare for their baby's birth. With the help of a certified childbirth educator, you'll learn the signs of labor and develop coping skills for labor and delivery. You'll also learn about Cesarean birth, recovery, baby care and parenting. In addition, you'll tour the birthing center. Class topics include:

- Anatomy and physiology of pregnancy, labor and delivery
- Labor skills: mental preparation, relaxation techniques, focused breathing, and position changes
- Partner's role in supporting the laboring mother
- Pain relief: medications and epidurals
- Baby care: learning about and caring for physical and emotional characteristics of newborns and comfort techniques
- Breastfeeding education included in this class

Breastfeeding

Cost: \$15

This information is included in the Childbirth Education course. If you're not taking the Childbirth Education Class, you can register only for the Breastfeeding course.

This 2 hour class reviews the benefits of breastfeeding for both Mom and baby. You'll discuss myths and common concerns as well as tips for success. Dads are encouraged to attend! Other topics include:

- Understanding basic breastfeeding techniques
- Preventing sore nipples, engorgement and other concerns
- Tips to enhance adequate intake by the baby and maintain your milk supply

Class size is limited so sign up early in your pregnancy. To register for courses at the Family Birthing Center at St. Luke's Hospital, call 419-897-8453.



PROMEDICA
ST. LUKE'S HOSPITAL
Family Birthing Center

Where every day's a birthday!®