

Prenatal Classes 2018

Prepared Childbirth Class

THREE-WEEK CLASS: This class helps you prepare for labor, birth and early parenting. You will take a tour of the birthing area and obstetric unit.

Topics include:

- The process of labor and birth
- Comfort measures (including relaxation and breathing techniques)
- Birth options, medications and anesthesia

Tuesdays, 7-9 pm

**Broadway Room
(formerly Conference Room A/B)**

Three-week session, one class per week.

April 11, 18, 25 | August 8, 15, 22

Infant CPR Class

This class is designed for parents, caregivers, and others who want to learn basic CPR and choking rescue skills for infants.

Mondays, 6-8 pm

**Broadway Room
(formerly Conference Room A/B)**

January 23 | April 17 | August 21 | November 20

Prepared Childbirth Class

CONDENSED ONE-DAY CLASS: This class is similar to the three-week Prepared Childbirth Class series, but offered in a condensed format. This one-day session class is designed for busy people who cannot attend a comprehensive childbirth class. It offers an overview of the basics of childbirth and some essential techniques to practice at home to prepare for labor and delivery. You will take a tour of the birthing area and obstetric unit.

Topics include:

- The process of labor and birth
- Comfort measures (including relaxation and breathing techniques)
- Birth options, medications and anesthesia

Saturdays, 9 am-3 pm

**Broadway Room
(formerly Conference Room A/B)**

One-day session

January 21 | March 18 | May 20 | July 15

September 16 | November 18

There is no class fee for mothers planning to deliver at Logansport Memorial Hospital.

All of our classes are now offered in Spanish.

When you call to register, please let them know you need a translator for your class, and we will have one available.

1025 Michigan Avenue
Suite 115
Logansport, IN 46947

574.722.3566

logansportmemorial.org

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Breastfeeding Class

This class will help you and your partner understand the breastfeeding process and increase your confidence in breastfeeding. We strongly encourage you to bring your spouse, birthing partner, your mother or other supportive friend.

Topics include:

- Benefits of nursing for you and baby
- Separating facts from myth
- The basics of breastfeeding
- Supporting the breastfeeding woman
- Returning to work and school
- Community and Logansport Memorial Hospital resources
- Support person's role in the breastfeeding relationship

Tuesdays, 7-9 pm

**Broadway Room
(formerly Conference Room A/B)**

January 24 | March 21 | May 16 | July 18
September 19 | November 21

NEW! Sibling Class

This class is designed to help big brothers or sisters adjust to a new baby in the family. Talking about what it means to be a big brother or sister helps them explore the new feelings they are experiencing. Mom is encouraged to schedule the class nearest to her due date. An adult must accompany the child.

Class includes:

- A tour of the Family Birth Center to see where baby will be born
- Lessons in holding and helping take care of "their" new baby

Saturdays, 9-11 am

**Broadway Room
(formerly Conference Room A/B)**

April 15 | October 21

Car Seat Safety Class

This class provides expectant and new parents with an opportunity to focus on the proper use of car seats to keep their children safe. The class is facilitated by a Certified Child Passenger Safety Technician.

Topics include:

- Properly securing the baby in the car seat
- Installing the car seat into the vehicle
- Common car seat errors and solutions

Classes and installations can be scheduled by appointment. To register for a class, call **574.753.1488**.