

2008 Prepared Childbirth Education Classes

Prepared Childbirth Class (\$30/couple)

A six-week course to prepare for the birth of a new baby, including signs of labor, preparing for your newborn, what to expect in labor and delivery, and important safety information. Two-week fast track **Prepared Childbirth Blitz** courses are also available on Saturdays.

Breastfeeding Class (\$15/couple)

Clark Memorial Hospital's full time lactation consultant educates both mother and father on the benefits of breastfeeding, and various techniques and supplies that can be used to make breastfeeding a pleasant experience.

Brothers and Sisters To Be Class (FREE)

Provides children three and older with the information they need to help with the new baby while assisting them with the transition of having a new sibling.

Infant CPR and Safety Class (\$15/couple)

Would you know what to do if your baby was choking? A pediatric nurse practitioner will provide you with basics of infant CPR. Please note that this is not a certification class.

Doula Night (FREE)

Doulas offer moms and dads a unique birthing experience through physical, emotional, and informational support during pregnancy, labor, and delivery. A certified Doula will discuss this alternative birthing option and answer any questions you may have about the process.

Boot Camp For New Dads (\$15/person)

This class is for dads who are expecting or have had their first child, or for dads desiring a refresher course. Facilitated by veteran dads, Boot Camp offers tips on baby care (changing diapers, feeding, burping techniques, etc.), tips on fathering, as well as the needs of the new mother. In addition, the class gives dads an opportunity to practice baby skills with real babies. It also allows them to share experiences, ask questions, and acknowledge successes. The classes meet on Saturdays for three hours and are for men and babies only.

Lamaze Class (\$50/couple)

According to Lamaze International, the goal of Lamaze classes is to increase women's confidence in their ability to give birth. In classes, women learn various coping strategies that teach them how to respond to pain in ways that both facilitate labor and increase comfort. Clark Memorial Hospital offers several classes with a certified Lamaze instructor.

Note: Classes are open to the community; however enrollment preferences will be given to families delivering at Clark Memorial Hospital's Family Birth Place. Classes are subject to cancellation due to low enrollment/registration. In case of inclement weather, please call (812) 283-2079 for specific cancellation.

To schedule a class,
please call
(812) 283-2405.



Clark Memorial
Hospital

Family Birth Place

Jewish Hospital Health Network Partner

1220 Missouri Avenue
Jeffersonville, IN 47130

www.clarkmemorial.org



2008
Prepared Childbirth
Education Classes



Clark Memorial
Hospital

Where babies come from.



To register or receive more information, please call 283-2405.

JANUARY

Lamaze Class
Thursdays, Jan. 10 - Feb. 7, 6:30-9:30 p.m.

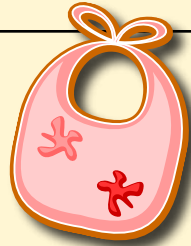
Breastfeeding Class
Thursday, Jan. 10, 5-7 p.m.

Prepared Childbirth Class
Mondays, Jan. 14 - Feb. 18, 7-9 p.m.

Doula Night
Tuesday, Jan. 15, 7-9 p.m.

Brothers and Sisters To Be Class
Saturday, Jan. 19, 9:30-11:30 a.m.

Prepared Childbirth Class
Tuesdays, Jan. 22 - Feb. 26, 7-9 p.m.



FEBRUARY

Breastfeeding Class
Thursday, Feb. 7, 5-7 p.m.

Boot Camp For New Dads
Wednesday, Feb. 20, 6-8:30 p.m.

Infant CPR and Safety Class
Wednesday, Feb. 27, 7-8:30 p.m.



MARCH

Prepared Childbirth Class
Thursdays, March 6 - April 10, 7-9 p.m.

Brothers and Sisters To Be Class
Saturday, March 8, 9:30-11:30 a.m.

Doula Night
Tuesday, March 11, 7-9 p.m.

Breastfeeding Class
Thursday, March 27, 5-7 p.m.

Prepared Childbirth Class
Mondays, March 31 - May 5, 7-9 p.m.



APRIL

Prepared Childbirth Blitz
Saturdays, April 5 & April 12, 10 a.m.-3 p.m.

Lamaze Class
Thursdays, April 17 - May 15, 6:30-9:30 p.m.

Breastfeeding Class
Thursday, April 17, 5-7 p.m.

Infant CPR and Safety Class
Wednesday, April 23, 7-8:30 p.m.



MAY

Doula Night
Tuesday, May 6, 7-9 p.m.

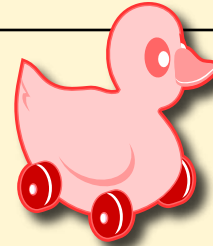
Prepared Childbirth Class
Tuesdays, May 6 - June 10, 7-9 p.m.

Boot Camp For New Dads
Wednesday, May 14, 6-8:30 p.m.

Brothers and Sisters To Be Class
Saturday, May 17, 9:30-11:30 a.m.

Prepared Childbirth Class
Thursdays, May 22 - June 26, 7-9 p.m.

Breastfeeding Class
Thursday, May 22, 5-7 p.m.



JUNE

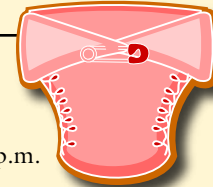
Prepared Childbirth Class
Mondays, June 2 - July 7, 7-9 p.m.

Lamaze Class
Mondays, June 9 - July 7, 6:30-9:30 p.m.

Infant CPR and Safety Class
Wednesday, June 18, 7-8:30 p.m.

Breastfeeding Class
Thursday, June 19, 5-7 p.m.

Prepared Childbirth Class
Tuesdays, June 24 - July 29, 7-9 p.m.

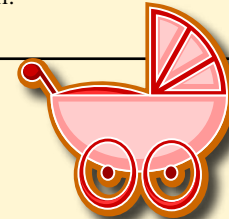


JULY

Doula Night
Tuesday, July 15, 7-9 p.m.

Breastfeeding Class
Thursday, July 17, 5-7 p.m.

Lamaze Class
Mondays, July 28 - August 25, 6:30-9:30 p.m.



AUGUST

Prepared Childbirth Blitz
Saturdays, August 2 & August 9, 10 a.m.-3 p.m.

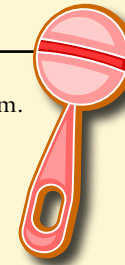
Prepared Childbirth Class
Thursdays, August 7 - Sept. 11, 7-9 p.m.

Boot Camp For New Dads
Saturday, August 16, 9-11:30 a.m.

Brothers and Sisters To Be Class
Saturday, August 16, 9:30-11:30 a.m.

Breastfeeding Class
Thursday, August 21, 5-7 p.m.

Infant CPR and Safety Class
Wednesday, August 27, 7-8:30 p.m.



SEPTEMBER

Prepared Childbirth Class
Mondays, Sept. 8 - Oct. 13, 7-9 p.m.

Doula Night
Tuesday, Sept. 16, 7-9 p.m.

Lamaze Class
Thursdays, Sept. 18 - Oct. 16, 6:30-9:30 p.m.

Breastfeeding Class
Thursday, Sept. 18, 5-7 p.m.



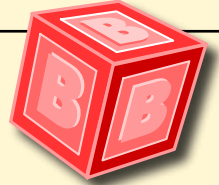
OCTOBER

Breastfeeding Class
Saturday, Oct. 16, 5-7 p.m.

Brothers and Sisters To Be Class
Saturday, Oct. 18, 9:30-11:30 a.m.

Infant CPR and Safety Class
Wednesday, Oct. 22, 7-8:30 p.m.

Prepared Childbirth Class
Thursdays, Oct. 23 - Dec. 4, 7-9 p.m.



NOVEMBER

Prepared Childbirth Class
Mondays, Nov. 3 - Dec. 8, 7-9 p.m.

Doula Night
Tuesday, Nov. 11, 7-9 p.m.

Boot Camp For New Dads
Saturday, Nov. 15, 9-11:30 a.m.

Breastfeeding Class
Thursday, Nov. 20, 5-7 p.m.



DECEMBER

Infant CPR and Safety Class
Wednesday, Dec. 3, 7-8:30 p.m.

Breastfeeding Class
Thursday, Dec. 11, 5-7 p.m.

Brothers and Sisters To Be Class
Saturday, Dec. 13, 9:30-11:30 a.m.

