



Prepared Childbirth Class (\$30 / couple)

A six-week course to prepare for the birth of a new baby, including signs of labor, pain management and C-section information, preparing for your newborn, what to expect in labor and delivery and important safety information.

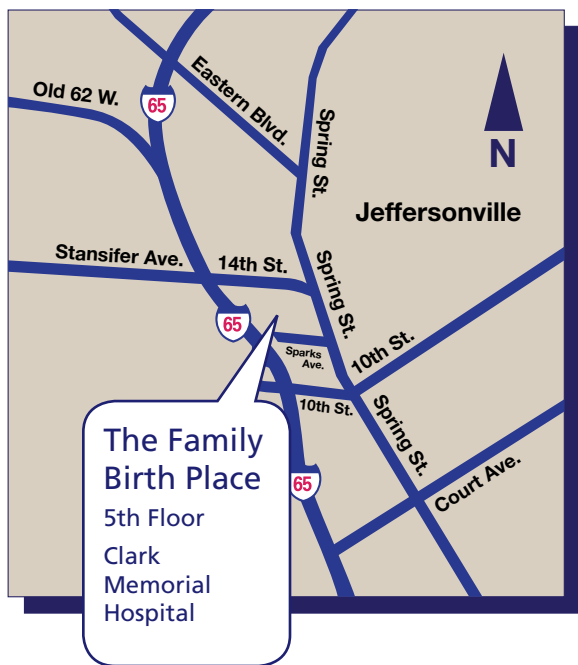
Mondays, Jan. 4 – Feb. 8	7:00 - 9:00 p.m.
Thursdays, Jan. 21 – Feb. 25	7:00 - 9:00 p.m.
Tuesdays, Feb. 2 – Mar. 9	7:00 - 9:00 p.m.
Thursdays, Apr. 1 – May 6	7:00 - 9:00 p.m.
Mondays, Apr. 5 – May 10	7:00 - 9:00 p.m.
Tuesdays, May 18 – June 22	7:00 - 9:00 p.m.
Tuesdays, Aug. 3 – Sept. 7	7:00 - 9:00 p.m.
Thursdays, Aug. 19 – Sept. 23	7:00 - 9:00 p.m.
Mondays, Sept. 13 – Oct. 18	7:00 - 9:00 p.m.
Thursdays, Oct. 28 – Dec. 9	7:00 - 9:00 p.m.
Mondays, Nov. 1 – Dec. 6	7:00 - 9:00 p.m.

Prepared Childbirth Blitz

Two-week fast track Prepared Childbirth Blitz courses are available on Saturdays.

Saturday, July 17 and July 24	10 a.m. - 3 p.m.
Saturday, Oct. 16 and Oct. 23	10 a.m. - 3 p.m.

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) 283-2516 for specific cancellation.



Clark Memorial Hospital
Family Birth Place

Jewish Hospital Health Network Partner

No One Delivers Like Clark.

1220 Missouri Avenue

Jeffersonville, IN

(812) 282-6631

www.clarkmemorial.org

Registration

To register for any class, call **(812) 283-2405.**



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2010
PREPARED
CHILDBIRTH
CLASSES



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 the basics of infant CPR. Please note that this is not a certification class.

Wednesday, Feb. 10	7:00 - 8:30 p.m.
Wednesday, April 14	7:00 - 8:30 p.m.
Wednesday, June 9	7:00 - 8:30 p.m.
Wednesday, Aug. 11	7:00 - 8:30 p.m.
Wednesday, Oct. 13	7:00 - 8:30 p.m.
Wednesday, Dec. 1	7:00 - 8:30 p.m.



Breastfeeding Class (\$15 / couple)

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

Thursday, Jan. 21	5:00 - 7:00 p.m.
Thursday, Feb. 18	5:00 - 7:00 p.m.
Thursday, Mar. 18	5:00 - 7:00 p.m.
Thursday, April 15	5:00 - 7:00 p.m.
Thursday, May 20	5:00 - 7:00 p.m.
Thursday, June 17	5:00 - 7:00 p.m.
Thursday, July 15	5:00 - 7:00 p.m.
Thursday, Aug. 19	5:00 - 7:00 p.m.
Thursday, Sept. 16	5:00 - 7:00 p.m.
Thursday, Oct. 21	5:00 - 7:00 p.m.
Thursday, Nov. 18	5:00 - 7:00 p.m.
Thursday, Dec. 16	5:00 - 7:00 p.m.



Brothers and Sisters To Be (FREE)

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



Sat., Jan. 23	9:30 - 11:30 a.m.
Sat., Mar. 6	9:30 - 11:30 a.m.
Sat., May 8	9:30 - 11:30 a.m.
Sat., July 10	9:30 - 11:30 a.m.
Sat., Sept. 11	9:30 - 11:30 a.m.
Sat., Nov. 13	9:30 - 11:30 a.m.

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.

Tuesday, Jan. 12	7:00 - 9:00 p.m.
Tuesday, March 9	7:00 - 9:00 p.m.
Tuesday, May 11	7:00 - 9:00 p.m.
Tuesday, July 13	7:00 - 9:00 p.m.
Tuesday, Sept. 14	7:00 - 9:00 p.m.
Tuesday, Nov. 9	7:00 - 9:00 p.m.

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 for unmedicated delivery.

Mondays, Jan. 4 - Feb. 1	6:30 - 9:30 p.m.
Mondays, Mar. 15 - Apr. 12	6:30 - 9:30 p.m.
Mondays, Apr. 26 - May 24	6:30 - 9:30 p.m.
Mondays, June 7 - July 5	6:30 - 9:30 p.m.
Mondays, July 19 - Aug. 16	6:30 - 9:30 p.m.
Mondays, Oct. 4 - Nov. 1	6:30 - 9:30 p.m.
Mondays, Nov. 15 - Dec. 13	6:30 - 9:30 p.m.



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