



CHILDBIRTH PREP CLASS (FREE)

The five-week, in-depth course is designed to prepare for the birth of a new baby, including signs of labor, pain management, C-section information, what to expect in labor and delivery, preparing for your newborn, safety information and a tour of the Family Birth Place facility. Patti Glaab, RN, is the presenter.

Classes are held from 7 to 9 p.m. in Classroom 3.

Tuesdays, March 7 – April 4

Tuesdays, August 22 – September 19

CHILDBIRTH PREP BLITZ (FREE)

A one-day overview course designed to prepare for the birth of a new baby including signs of labor, pain management, C-section information, what to expect in labor and delivery, preparing for your newborn, and safety information. This one-day session includes an hour-long session on breastfeeding basics and a tour of the Family Birth Place facility. Classes are conducted by Patti Glaab, RN.

Classes are held from 9 a.m. to 3 p.m.

Saturday, January 21

Saturday, May 13

Saturday, September 9

Saturday, October 21

SERVICES OFFERED AT THE FAMILY BIRTH PLACE

- Midwives
- Kangaroo Care
- Nitrous oxide for pain management during labor
- Clear drape for C-section offering moms the opportunity to observe the birth
- Clark Memorial is supportive of Doulas assisting the mother during the birth.
- Clark Memorial Hospital is a Milk Depot for mothers wishing to donate breast milk.
- Our personal touch and flexibility to help you create your own birth plan is what sets the Family Birth Place apart from other facilities.

FINANCIAL OPTIONS

We accept a variety of insurance and managed care plans, and file your claim as part of our service to you. We also accept most major debit and credit cards, including MasterCard, Visa, Discover and American Express. Our team will be happy to assist you with any questions you have regarding payment and insurance.

For more information, call 812.282.6631



**Clark Memorial Hospital
Family Birth Place**

1220 Missouri Avenue (Fifth Floor)
Jeffersonville, IN 47130
clarkmemorial.org

2017 CHILDBIRTH PREPARATION CLASSES



**Clark Memorial Hospital
Family Birth Place**



NEW MEET THE MIDWIVES (FREE)

Clark Memorial's Family Birth Place has developed a strong professional relationship with the midwives at WomanCare. These midwives are trained professionals with expertise in supporting women during pregnancy – securing safe births all the way through the postpartum period. The midwives of WomanCare provide care to expectant mothers and exclusively deliver their babies at the Family Birth Place.

Please Meet the Midwives to hear a presentation on the latest in prenatal to postpartum care. The evening's speaker will open the floor to questions.

Classes are held from 7 to 9 p.m. in the Conference Center.

- Tuesday, February 7
- Tuesday, May 9
- Tuesday, August 8
- Wednesday, November 1

LAMAZE® CLASS (\$50.00/couple)

According to Lamaze International, the goal of Lamaze classes is to increase a woman's confidence in her ability to give birth. Clark Memorial Hospital offers several classes with a certified Lamaze instructor, Rebecca Mercer, LCCE, that provide a variety of labor support techniques. Women will learn various coping strategies that teach them how to respond to pain in ways that both facilitate labor and increase comfort.

All six-week classes are held from 7 to 9:30 p.m. in the Conference Center.

- Wednesdays, February 1 – March 8
- Wednesdays, April 12 – May 17
- Wednesdays, July 12 – August 16
- Wednesdays, September 13 – October 18
- Wednesdays, November 8 – December 13

BROTHERS & 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. Classes conducted by Peggy Beckman, RN.

Classes are held from 9:30 to 11:30 a.m. in the Conference Center.

- Saturday, March 11
- Saturday, May 20
- Saturday, August 12
- Saturday, November 18

BREASTFEEDING (FREE)

Clark Memorial Hospital's full-time lactation consultant, Andrea Denbow, RN, IBCLC, educates on the benefits of breastfeeding as well as techniques and supplies that can make breastfeeding a pleasant experience.

Classes are held from 5 to 7 p.m. in Classroom 3.

- Monday, February 20
- Monday, April 3
- Monday, July 10
- Monday, August 21
- Monday, October 2



REGISTRATION

To register for any class, call 812.283.2405.

Note: Classes are open to the community, however, enrollment preferences will be given to families delivering at Clark Memorial Hospital's Family Birth Place. In case of inclement weather, please call 812.283.2516 for specific cancellation information.