

# Childbirth Classes

2020 Family Birth Place Childbirth  
Class Schedule for expectant mothers



CLARK MEMORIAL

FAMILY BIRTH PLACE

**800.424.DOCS | [ClarkMemorial.org](http://ClarkMemorial.org)**

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To help you and your family welcome your new arrival with confidence, we offer several classes for expectant moms, dads and older siblings. Most classes are free. All classes require registration.

## Childbirth Prep

Patti Glaab, RN leads an in-depth 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, safety information and a tour of the Family Birth Place facility. This is a four-week course. All classes are on Tuesday evenings in Classroom 3.

- March 17 – April 7, 7 – 9 p.m.
- August 18 – September 8, 7 – 9 p.m.
- October 27 – November 17, 7 – 9 p.m.

Please bring two pillows and a blanket to class.

## Childbirth Prep Blitz

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, safety information and a tour of the Family Birth Place facility. This one day class includes an hour-long session on breastfeeding basics. Classes are presented by Patti Glaab, RN on Saturdays in the Classroom 3.

- January 11, 9 a.m. – 3 p.m.
- May 16, 9 a.m. – 3 p.m.
- July 11, 9 a.m. – 3 p.m.
- October 17, 9 a.m. – 3 p.m.

Please bring two pillows and a blanket to class.

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## Breastfeeding Basics

Clark Memorial's lactation consultant, Andrea Denbow, RN, IBCLC, offers information on the benefits of breastfeeding as well as techniques and supplies that can make breastfeeding a more pleasant experience. Classes are located in Classroom 3.

- Monday, February 10, 5 – 7 p.m.
- Saturday, March 14, 1 – 3 p.m.
- Monday, April 13, 5 – 7 p.m.
- Saturday, June 13, 1 – 3 p.m.
- Saturday, August 15, 1 – 3 p.m.
- Monday, September 14, 5 – 7 p.m.
- Thursday, November 12, 5 – 7 p.m.
- Monday, December 7, 5 – 7 p.m.

## Brothers and Sisters-To-Be

Class is designed to help children ages three and older handle the transition of a new sibling. Classes are conducted by Peggy Beckman, RN on Saturdays in the Conference Center.

- March 14, 9:30 – 11:30 a.m.
- August 8, 9:30 – 11:30 a.m.
- November 7, 9:30 – 11:30 a.m.

To register for a class, call 800.424.DOCS. When you call you will be asked to provide the following information:

- Your name
- Support person's name
- Address
- Phone number
- Email address
- Due Date
- Name of MD, Midwife or Doula
- Hospital where you plan to deliver

## The Family Birth Place at Clark Memorial Health

When you're expecting, you want the best care available for yourself and your baby. That's why Clark Memorial Health's Family Birth Place is here. We work with several OB/GYN practices in Jeffersonville, Clarksville and other areas of Clark County and Southern Indiana.

To meet the needs of expectant mothers and their babies during and after childbirth, we offer:

- Seven labor and delivery suites
- Four triage rooms
- Hydrotherapy tubs, which can help increase comfort and reduce pain during labor
- Nitrous oxide for pain management
- A clear drape for C-sections, offering moms the opportunity to observe the birth
- Post-delivery mother/baby facilities
- Nursery facilities
- Breastfeeding classes and support services
- The first Level II neonatal intensive care unit (NICU) in Southern Indiana, equipped to care for infants delivered as early as 32 weeks gestation
- Collaboration with neonatologists from Norton Children's Hospital for babies who need specialized care

To register for a class or schedule a Family Birth Place tour, call **800.424.DOCS** or visit **ClarkMemorial.org**.

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