

# HAVING *babies* isn't for SISSIES!



Not your mama's

# Birthing CLASSES

at  Cogdell  
MEMORIAL HOSPITAL

## Why take a birthing class?

A birthing class is an exciting part of your pregnancy. Our goal is to present you with information and familiarize you with the final stage of your pregnancy, labor, birth and beyond so that you may have the best birth experience possible!

## What should I bring & know?

- A coach if possible (can be the father of the baby or anyone that is going to be helping you with your labor)! A coach is not mandatory; come alone if you prefer.
- Bring 1-2 pillows by the second class
- If you have a birthing ball, bring that too!
- Wear comfortable clothes that you can move in.
- Drinks and snacks will be provided.

## What will I learn?

- Body changes & discomforts during pregnancy
- Myths associated with pregnancy
- Exercises to prepare for labor
- Warning signs & when to call the doctor!
- Stages of labor
- What contractions feel like & timing contractions
- Positions for comfort during labor and for pushing
- How to use a birthing ball
- What happens if you have to have a c-section
- Pain management options including epidurals
- Breathing & relaxation techniques for pain management
- Newborn care & breastfeeding

## Class Schedule

4-week series meets Tuesdays from 7-9pm

### 2017 Classes

September 19, 26, October 3 & 10  
November 7, 14, 21, 28  
Saturday Dec. 16th (special 1 Day Birthing Class!)

### 2018 Classes

#1 January 2, 9, 16, & 23  
#2 February 13, 20, 27, & March 6  
#3 March 27, April 3, 10, & 17  
#4 May 8, 15, 22, & 29  
#5 June 19, 26, July 3, & 10  
#6 July 31, August 7, 14, & 21  
#7 September 11, 18, 25, & October 2  
#8 October 23, 30, November 6 & 13  
#9 December 4, 11 & 18 (3 week class offered in December only)

All classes meet on the second floor of the South Wing of the hospital (facing Martha Ann Blvd.) Convenient parking and an elevator are available.

## What is the cost and how do I register?

The class is **free** and open to EVERYONE (even if you are not a Cogdell patient).

1. Call the OB nurses at 325-574-7150, or
2. Register online by going to [www.CogdellHospital.com](http://www.CogdellHospital.com) > News and Events > Childbirth Classes and follow the link!