

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

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). If you have any questions or would like to register, please contact the **OB department directly at (325)574-7150**. Or, contact us via email at cmh.ssturdivant@cogdellhospital.com

When are the classes?

- 4-week series meets Tuesdays from 7-9pm
- #1 January 3, 10, 17, & 24
 - #2 February 7, 21, 28, & March 7
 - #3 March 28, April 4, 11, & 18
 - #4 May 9, 16, 23, & 30
 - #5 June 20, 27, July 11, & 18
 - #6 August 8, 15, 22, & 29
 - #7 September 19, 26, October 3 & 10
 - #8 November 7, 14, 21, 28

1 Day Birthing Class:
Saturday December 16th