

Having a baby has changed your life forever...and you may find yourself feeling overwhelmed from time to time.

You're not alone! It is important to remember to take care of yourself while you are pregnant and after you've given birth. Here are a few suggestions to help you achieve better balance in your life, while still caring for your adorable newborn.

#### TALK TO YOUR PROVIDER

*"When I was pregnant, I was afraid I may suffer from depression once my baby was born. I asked my provider for help and was given some wonderful resources."*

#### PAMPER YOURSELF

*"I took a hot shower and it washed away my stress and helped ease my aches and pains after giving birth."*

#### ACCEPT HELP WHEN IT IS OFFERED

*"When my sister offers to babysit, I say 'yes.' I'm always happy to have her help out."*



THUMB REGION

DOING WHAT'S BEST.®

1100 S. Van Dyke · Bad Axe, MI 48413  
(989) 269-9521

CHILDBIRTH  
EDUCATION

2024



THUMB REGION

[mclaren.org/THUMBREGION](https://mclaren.org/THUMBREGION)

# CHILDBIRTH EDUCATION

*(Series of three classes)*

## WHO SHOULD REGISTER?

Any expectant mother who wants to learn more about childbirth.

## WHY SHOULD I TAKE THE CLASS?

Being prepared for childbirth gives a woman confidence in her ability to give birth. It helps to reduce fear by increasing a woman's knowledge of the birth process. The support person also learns how to be a help to mom during the birthing process. Being prepared enhances your opportunity as new parents to experience the joy of childbirth together, thereby increasing the bond between you and your new baby.

## HOW MUCH DO THE CLASSES COST

The series of 3 classes costs \$30.00 and is taught by either a Certified Lactation Consultant or Childbirth Educator.

## WHEN AND WHERE ARE THE CLASSES?

Classes are held at McLaren Thumb Region in the Distance Learning Center on the 3rd Floor. Classes are held in the evenings from 6:00 p.m. to 8:00 p.m. Any cancellations due to inclement weather will be communicated via text message.

## CLASS SERIES INCLUDES INFO ON:

- Nutrition and Healthy Lifestyle
- Anatomy, Physiology and Terminology of Pregnancy
- Labor and Delivery Process
- True versus False Labor
- Warning Signs in Pregnancy
- Role of the Support Person
- Relaxation Techniques
- Stages of Labor
- Pain Management
- Postpartum Care
- Breastfeeding

# CHILDBIRTH EDUCATION

**Choose a class series below:** Each series of classes will be held bimonthly. All classes are on Tuesday evenings from 6:00 pm – 8:00 pm. The same content will be covered in all class series.

- 01/09, 01/16 and 01/23
- 03/05, 03/12 and 03/19
- 05/07, 05/14 and 05/21
- 07/09, 07/16 and 07/23
- 09/10, 09/17 and 09/24
- 11/05, 11/12 and 11/19

Name	
Address	
City/Zip	
Home Phone	
Work/Cell Phone	
Due Date	
Doctor's Name	
Who will be taking the class with you?	
Is this your first baby? (please circle)	Yes No
Previous classes? (please circle)	Yes No

Please detach & mail form with the registration fee of \$30 to:

**McLaren Thumb Region  
Obstetrics Department  
1100 S. Van Dyke  
Bad Axe, MI 48413**

