

**It's the most
important
delivery you
will ever make.**

Prepare now.

Humboldt General Hospital's 2012
Childbirth Education series will help you
make your most informed birthing decisions—
from prenatal to postpartum.

**phases of labor ~ comfort measures
interventions ~ medications
breathing techniques ~ coaching help**

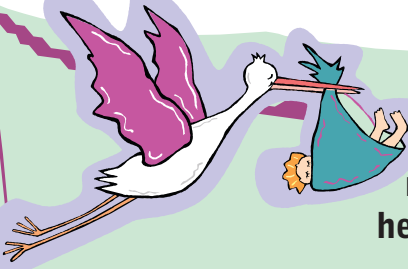
**9 a.m. to 3:30 p.m., HGH
Sarah Winnemucca Conference Room**

**January 7
February 18
March 31
May 12
June 23
August 4
September 15
October 20
December 1**

Bring two pillows and wear comfortable clothing.
Husbands/coaches/partners are encouraged to
attend. Class fee also covers optional Lactation
Class and optional Newborn Care Class.

Cost: \$60; \$10 off for women who deliver at HGH.
Lunch and snacks are included in the cost of registration.
Lactation Class / Newborn Care Class also included with registration.
To pre-register, please call Humboldt General Hospital

623-5222, ext. 142



**Introducing
more classes to
help you prepare.**

Lactation Class

Learn from our lactation educator about the natural process of breastfeeding, lactation, physiology of the breast, positioning, identification of infant feeding cues, nutrition and storage of breast milk.

**6 p.m. to 8 p.m., HGH
Sarah Winnemucca Conference Room**

January 10 ~ February 21

April 3 ~ May 15

June 26 ~ August 7

September 18 ~ October 23

December 4

Cost: \$25; no charge if enrolled in a Childbirth Education course offered by Humboldt General Hospital.

Newborn Care Class

This class will cover feeding, sleeping, diapering, circumcision and umbilical cord care, bathing and dressing. Parents-to-be also will learn about temperament, crying and comforting techniques, behavior states and newborn communication.

**6 p.m. to 8 p.m., HGH
Sarah Winnemucca Conference Room**

January 17 ~ February 28

April 10 ~ May 22

July 3 ~ August 14

September 25 ~ October 30

December 11

Cost: \$25; no charge if enrolled in a Childbirth Education course offered by Humboldt General Hospital.

Please call to pre-register.

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