

# Childbirth & Breastfeeding Classes 2018

Classes are free and open to anyone wanting to know more about becoming a parent. Partners and birth companions are welcome and encouraged to participate.

We recommend that you take classes during your last three months of pregnancy.

Classes will help give you the knowledge and confidence you need when having a baby.

**This three-part class series** will help you learn about the basics of childbirth and the early weeks of parenting, including feeding choices for baby and techniques.

- Understanding labor and birth
- Simple ways to help labor and birth along
- Comfort measures and medications
- Knowing when to go to the hospital
- Caring for your newborn
- Becoming a parent
- Caring for yourself after your baby is born
- Feeding choices for your baby
- Help breastfeeding go well right from the start
- Common breastfeeding challenges and support in the community

We are sorry, but we are unable to provide childcare.



## Class Dates: Access Community Health Centers Childbirth and Breastfeeding Classes 2018

**Class 1 & 2:** Labor and birth.

**Class 3:** Baby's here; now what?

(Note: These classes are meant to be taken as a series, but the 3rd class can be taken separately.)

Joyce & Marshall Erdman Clinic  
2202 South Park Street  
Wednesdays, 5:30-7:30 pm

Jan	3, 10, 17
Mar	7, 14, 21
May	2, 9, 16
Jul	4, 11, 18
Sep	5, 12, 19
Nov	7, 14, 21

William T. Evjue Clinic  
3434 E. Washington Ave.  
Wednesdays, 5:30-7:30 pm

Feb	7, 14, 21
Apr	4, 11, 18
Jun	6, 13, 20
Aug	1, 8, 15
Oct	3, 10, 17
Dec	5, 12, 19

**For more information or to register: (608) 443-5564**

### From our class participants:

*"I feel more empowered going into my birth. I have started considering alternatives in my birth plan."*

*"I learned many things which will really help me for my first birth and gave me confidence."*