



Harrington Community Outreach and Education Department

Childbirth Preparation 2010

All Classes held Monday evenings, 6-8 p.m. at the Southbridge campus,
100 South St. Conference Room 2

Are you expecting? Need information about birth but can't commit to a whole series of classes?

Try the new “drop in” class option: \$25/couple for one class.

- You choose only the topics you most want to hear about!
- Each 2 -hour class has video, short lecture and question/answer time.
 - **February 22:** Process of Birth, Body changes, Partner's role, Relaxation
 - **March 1:** All about stages of labor, When to come to the hospital, What to bring + Tour of The Family Birthing Center at Harrington.
 - **March 8:** Medication Options, Epidurals, Induction, Pushing
 - **March 15:** Cesarean Birth, Positioning and Breathing Techniques, Massage
 - **March 22:** Making your home a child safe space, Preventing injuries, Recognizing illness, Infant CPR
 - **March 29:** Bringing Baby Home, Sleep Strategies, Comforting Techniques, Feeding, Bathing, Diapering

4 week series: \$75

(Like getting one class free when buying 3!)

6 week series: \$110

(\$40 less than individual class pricing!)

Saturday Class - Just the Facts: 4 hour Streamlined Format, \$75

For more information, call 508-765-3050