

## REGISTRATION AND COST OF CLASS

We recommend that you choose a class that is at least six weeks before your due date and register no later than one week before class.

### On-Line Registration and Payment Information

1. Go to <http://www.SanfordHealth.org>
2. In the 'Information for Patients' section, click on Classes & Events
3. Refine Results by City - select Worthington, MN
4. Click on the class for which you want to register
5. Follow directions for registration and payment. Select "myself" which includes you and a support person
6. Cost for the class is \$20. If you prefer to pay at the door, when checking out use coupon code **childbirth**, and bring check or cash the day of the event.

Once you are registered, you will receive e-mails with additional information, including directions to our classroom.

## DIRECTIONS TO THE HOSPITAL CLASSROOM

The classroom is located on the ground level/basement.

- Enter the Emergency Room entrance of the hospital
- Follow corridor to Elevators A
- Take the elevator (or stairs) to ground level (basement)
- Take a quick left out of the elevator (stairs) and then an immediate right
- The classroom is down the hall and around the corner

## FOR MORE INFORMATION

Call Sanford Worthington Medical Center at (507) 372-3187.

In the event of bad weather, classes may be canceled. Listen for cancellations on Worthington radio stations: 730 AM, 95.3 FM, KO95 FM, 104.3 FM.



## 2020 CHILD BIRTH CLASS DATES

Sanford Worthington  
Medical Center  
1018 Sixth Avenue  
PO Box 997  
Worthington, MN 56187  
(507) 372-3187

**SANFORD**  
WOMEN'S

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## **CONGRATULATIONS!** **YOU ARE HAVING A BABY!**

As you prepare for the birth of your baby, you will want to learn about the changes your body is going through and what to expect during childbirth. An understanding of the childbirth process and good prenatal care throughout your pregnancy are keys to having a healthy baby.

Our Childbirth Education classes are designed for the mother and a support person. It is important to have a strong support person at your side during delivery. We want to help both of you feel at ease and prepared for this exciting event.

We offer several series of classes in English and Spanish along with Saturday Express classes throughout the year. We encourage you to attend all of the childbirth sessions that you sign up for.

## **2020 CHILD BIRTH CLASS DATES**

### **FEBRUARY 8** **Saturday Express Class**

8:30 a.m.-4 p.m. (lunch is on your own)

### **APRIL 7, 14 AND 21** **Three Tuesday evenings**

6:30-9 p.m.

### **JUNE 13** **Saturday Express Class**

8:30 a.m.-4 p.m. (lunch is on your own)

### **AUGUST 4, 11 AND 18** **Three Tuesday evenings**

6:30-9 p.m.

### **OCTOBER 10** **Saturday Express Class**

8:30 a.m.-4 p.m. (lunch is on your own)

### **DECEMBER 12** **Saturday Express Class**

8:30 a.m.-4 p.m. (lunch is on your own)



### **TOPICS INCLUDE:**

- Benefits of attending childbirth preparation classes
- Warning signs
- Signs of labor
- When to come to the hospital
- Tour of the birthing unit
- Labor: supporting a laboring mom, coping with labor, fetal position, labor issues, stages of labor
- Comfort techniques
- Assisted deliveries
- Pain medications
- Epidural
- Medical procedures
- Cesarean deliveries – what to expect
- Care immediately after delivery
- Appearance of newborn
- Infant care
- Postpartum
- Lactation and Breastfeeding

