



## CLASS SCHEDULES & DATES

### FAST-TRACK CHILDBIRTH PREPARATION CLASSES

Fast-Track Childbirth Preparation Classes will be held on **Saturdays from 9:00-3:30** in the Myrtue Medical Center Auble Conference Room (\$45 fee).

#### CLASS DATES:

**JANUARY 21 | MARCH 11 | MAY 20 | JULY 22 | SEPTEMBER 16 | NOVEMBER 11**

The Childbirth Preparation classes will offer an overview of what to expect during the different stages and phases of labor. A complete demonstration of a birth with the use of 3-D video will be viewed. The expectant mother and support person will learn relaxation models and breathing techniques to manage labor discomforts. Pain control options, labor interventions and cesarean deliveries will also be addressed. A sample labor will be used to practice relaxation and breathing techniques learned. Videos on postpartum cares and newborn characteristics will also be viewed and discussed.

Please bring **2 BED PILLOWS** as the Fast Track class includes relaxation and breathing techniques to practice with your labor support partner during the session. Lunch and snacks will be provided.

**INSTRUCTORS FOR CHILDBIRTH PREPARATION:** JANA SCHMITZ, RN, BSN, Certified Childbirth Educator, CASSIE VOGUE, RN, BSN, Certified Childbirth Educator, CARA CACY, RN, BSN, Certified Childbirth Educator, Certified Lactation Consultant SHELLEY BRUCK, RN, BSN, Certified Childbirth Educator and VIRGINIA KRUSE, Certified Childbirth Educator, Doula.

### BABY BOOT-IE CAMP

Baby Boot-ie Camp will be held on **Saturdays from 9:00-11:00** in the Myrtue Medical Center Auble Conference Room (\$10 fee).

**DATES FEBRUARY 11 | APRIL 1 | AUGUST 19 | OCTOBER 21**

The Baby Boot-ie Camp will offer expecting parents or caregivers the basics on newborn care. Different stations, taught by Birthing Center nurses will cover: Bathing and Diapering, CPR instruction, Breastfeeding, Bottle feeding, Safe Sleep and Car Seat Safety Checks by Certified Car Seat Safety Technicians. Get a lot of your teaching completed before you have your baby and have more time to bond with your baby while staying at the Birthing Center. Snacks will be provided. Have your car seat base fastened in your car properly and bring your car seat in to class.

Please park on the north side of the medical center and enter through the Business Center door. The Auble Room is located immediately to your right once inside.



# 2017 MYRTUE MEDICAL CENTER MATERNAL & CHILD HEALTH CLASS SCHEDULE

## WITH YOU EVERY STEP OF THE WAY

### PREPARING FOR PARENTING AS WELL AS BIRTH

Planning for a new baby is one of the most exciting experiences you'll ever have. With the arrival of your newborn, your life will change. But even with all the joy that a new baby brings, it's very natural to have fears, doubts and concerns. Myrtue Medical Center offers Childbirth Preparation Classes to prepare and support you during the entire process of becoming a parent. During the classes, our healthcare professionals will answer your medical questions and practical concerns. Through classroom instruction and practice sessions, certified childbirth educators will also teach you the latest relaxation, breathing and pushing techniques. At Myrtue Medical Center, we believe in taking an active part in your family's health.

### REGISTRATION DETAILS FOR CHILDBIRTH CLASSES:

- To register please visit our website at [www.myrtuemedical.org](http://www.myrtuemedical.org) or call Myrtue Medical's Education department at 712.755.4343.
- Registration is required one week before class.
- The Childbirth Preparation Class is \$45. The Baby Boot-ie Camp is \$10.
- If financial assistance is needed, please call 712.766.3383.



**MYRTUE**  
Medical Center

*where life stories begin.*

Myrtue Medical Center complies with applicable federal civil rights laws and Iowa civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, creed, sexual orientation, gender identity, religion or in any other manner prohibited by law.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-712-755-4308 (TTY: 1.800.735.2943)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-712-755-4308 (TTY: 1-800-735-2943)

