

Registration

Childbirth Preparation Class

Name _____

Home Telephone # _____

Work Telephone # _____

Address _____

Due Date _____

Physician's Name _____

Hospital _____

_____ Yes, I will be bringing a
coach/spouse with me.

Send this completed registration form to:

Memorial Medical Center
216 Sunset Place
Neillsville, WI 54456



Memorial Medical Center
Neillsville, Loyal, Greenwood
Care...of its best

Childbirth Preparation Class for Expectant Parents



**216 Sunset Place
Neillsville, WI 54456
715.743.3101**

Information About Childbirth Preparation Class

Classes are held at
Memorial Medical Center,
in Neillsville.

Class consist of:

Slides
Videos
Discussions
Demonstrations
Infant CPR
Hospital Tour

For more information,
please contact:

Dan Gell, RN
Hospital Manager
Memorial Medical Center
715.743.8435

Segment I

Pregnancy: Healthy Journey
Fetal Development
Nutrition and Exercise
Warning Signs/Hazards
Emotions and Support
Tour of Delivery Room

Segment II

Stages of Labor and Delivery
Labor Pain Management and Interventions
Breathing and Relaxation Techniques
Cesarean Births

Segment III

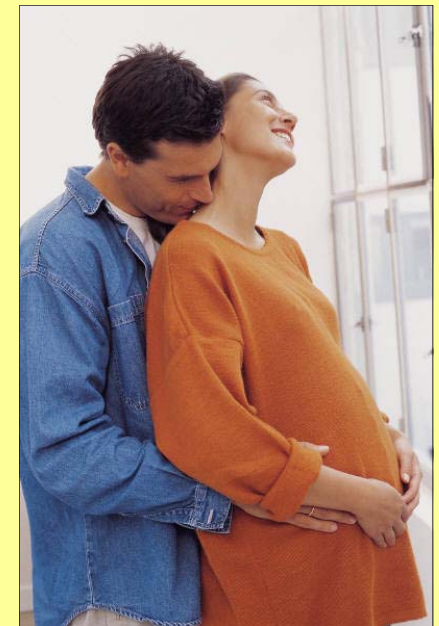
Care of the Baby
Demonstrations and Videos
Latest News about Newborns
Community Resources
Infant CPR

Segment IV (optional)

Breastfeeding
Why to Breastfeed
How to Breastfeed

Prenatal care is a continuation of good general health care. Being in good health is beneficial to the mother-to-be and the child-to-be.

Good nutrition, exercise, and a team effort (including mother, spouse, physician, and other health care workers) are all important aspects of good prenatal care and a successful conclusion to your pregnancy.



*Fathers are encouraged
to attend!*