

Finally...a class for expectant parents whose time is as precious as their newborn baby!



The Women's Center at Sentara Obici Hospital knows that expectant parents have very little time on their hands. We also know how important prenatal childbirth education is for making the labor and delivery process easier for parents and baby. That is why we now offer a **1 Day**, all-inclusive Childbirth Education Class the third Saturday of each month from 8 am-3:30pm. Cost is **\$55.00** per expecting Mother and 1 support person.

The class prepares expectant parents for the physical and psychological changes during: late pregnancy, labor, delivery, and post- partum experiences. The content includes: anatomy, late pregnancy discomforts, warning signs of complications, the stages of labor and coping measures such as relaxation, breathing techniques, positions for promoting descent, and massage. There will be time for practicing some of these techniques.

Hospital procedures and medical interventions/options such as pain medications, epidurals, and Cesarean sections are all covered. A brief review of newborn care, breastfeeding and postpartum care are also covered in this course. There will be a tour of the Women's Center included with the class.

If the one day class is not for you, Sentara Obici Hospital offers a **4 Week** Childbirth Class. The class starts the first Monday of every month and continues for four consecutive Monday evenings from 7-9 PM. Cost is **\$55.00** per expecting Mother and 1 support person.

Also Available: 1) **Prepared Sibling Class**-Cost is **FREE**. This class was designed for children 4-10 years of age to help them welcome, understand, and ease their adjustment to the new family member. A tour of the unit is provided during the class. This class is usually held quarterly from 6 pm to 7 pm, but can be adjusted according to enrollment.

2)-**Breastfeeding class**-Cost is **\$10.00**. This class was designed to provide important information and instruction, such as positioning, latch-on techniques, how to know if your baby is “getting enough”, and help with preparing to return to work while continuing to breast feed. This class is included **free** in the 1 Day and 4 Week Childbirth Classes. The class is the fourth Monday of every month from 7 pm-9pm.

To REGISTER for a class, call 1-800-SENTARA or visit www.sentara.com, “Find a Class or Event” for dates and times.

For more information or questions, please contact:

Hattie Boone: (757) 934-4964-Director

Elizabeth Johnson: (757) 934-4797-Unit Coordinator

Or

Lisa Milburn: (757) 934-4497 Nurse Educator

Congratulations on the new addition to your family and we hope to meet you on the Women’s Center here at Sentara Obici Hospital!