

Getting Ready for Baby

Classes to Prepare you for Childbirth and Breastfeeding

THE TWO MOST IMPORTANT CLASSES YOU CAN TAKE ARE THE CHILDBIRTH PREPARATION CLASS AND THE PREPARING TO BREASTFEED CLASS

Childbirth Preparation Classes

This series of classes will help you prepare for labor and birth, while making you more confident about making informed decisions. You will learn about:

- ~ Relaxation and breathing techniques
- ~ Normal progress of labor to help ease anxiety
- ~ When to call your doctor
- ~ Coping with contractions
- ~ Pain medication and epidurals
- ~ Child birth options
- ~ After birth care

Preparing to Breastfeed

Give the Gift that Lasts a Lifetime. Learn how to breastfeed your baby starting with the first feeding minutes after delivery. Also learn:

- ~ The great properties of breastmilk
- ~ Correct positioning and latch
- ~ How to avoid common problems
- ~ How to make breastfeeding fit into your daily life
- ~ Choosing the correct pump

SAVE \$5 WHEN YOU SIGN UP FOR BOTH THE CHILDBIRTH PREPARATION CLASS AND THE PREPARING TO BREASTFEED CLASS AT THE SAME TIME.

Present this coupon upon payment for the two classes and receive \$5 off.

Payment must be made 7 days prior to class. Payment will not be accepted in class.

You can pay in person or mail your check to:

Lactation Support Center
500 Old River Road, Suite 200
Bakersfield, CA 93311
661.663.6056



Mercy Hospitals of Bakersfield

Lactation Support Center

A member of CHW