

Childbirth Classes

Know what to expect



the memorial hospital
at craig

750 Hospital Loop ■ Craig, CO 81625
(970) 824-9411

thememorialhospital.com

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at craig

Having a baby is a wonderful experience — one that is enhanced with some education and preparation. If you are pregnant, we encourage you to sign up for the next available class.

Class Outline

1. Onset and stages of labor

- a. When to go to the hospital/what to bring
- b. Rupture of membranes
- c. Timing contractions
- d. Danger signs

2. How your body changes

- a. Anatomy
- b. Posture
- c. Nutrition
- d. How my baby grows

3. Comfort measures

- a. Positions to aid and comfort labor
- b. Medications/epidural
- c. Treatments- aromatherapy, jacuzzi tub, music

4. Breathing and relaxation exercises

- a. Focusing
- b. Guided exercises
- c. Massage
- d. Touch
- e. Tips for partner/coach

5. Talking to your doctor

- a. Your OB doctor
- b. Consider interviewing a doctor for your baby.

6. What happens to your baby after delivery

- a. Tests and measurements
- b. Breastfeeding
- c. Bonding

7. Postpartum - hospital and home

- a. Available lactation services
- b. Nurse Family Partnership

8. Tour of OB Department

- a. Videos, postpartum

9. Installing and using an infant car seat/ who to contact for proper installation

Class Details

9:00 am – 4:00 pm

Second Saturday of the month: January, March, May, July, September and November

The Memorial Hospital at Craig –
750 Hospital Loop

Taught by Jan Schroeder, R.N.
(970) 824-3364

To schedule call (970) 826-3270

Class is \$40* lunch included

**Some scholarships are available to help with the costs, call (970) 826-3109 for more information.*

