

Prenatal and Lamaze Method of Childbirth Course Details

- The classes are held in the Education Center on the first floor of Mahaska Hospital
- Classes are held on Saturday from 10 a.m. to 5 p.m. (with time to leave for lunch) and Sunday from 2 to 6 p.m.
- Please bring a watch with a second hand and a pillow.

Course Outline

Saturday

- Registration
- Discussion of fetal development
- Discussion of labor, delivery, and monitor
- Postpartum
- Tour of the Birthing Center
- Lamaze relaxation techniques
- Lunch break
- Bottle feeding and breast feeding
- Baby care and health care of the newborn
- Lamaze breathing

Sunday

- Review and questions
- Caesarean section discussion
- Baby safety
- Newborn care
- Lamaze breathing

Course Instructor

Jamie Maxwell, B.A., L.P.N.

The Prenatal Class and Lamaze Method of Childbirth are being offerd by Mahaska Health Partnership in cooperation with Indian Hills Community College.

Course Fee

\$30.00

Weekend Course Schedule

- January 5, 2008
- April 5, 2008
- September 6, 2008
- November 8, 2008

Weekend Prenatal and Lamaze Registration Form

Your Name
Partner's Name
Address
Phone Number
Work Number
Doctor
Due Date
Class Date to Attend
Are you planning to breast feed?

Please fill out this form and return it to:

Mahaska Health Partnership
Birthing Center
1229 C Avenue East
Oskaloosa, IA 52577



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Birthing Center
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Oskaloosa, IA 52577**



Birthing Center

1229 C Avenue East
Oskaloosa, IA 52577

Main: 641 • 672 • 3100

Birthing Center: 641 • 672 • 3170

www.mahaskahealth.com



Birthing Center



Prenatal and Lamaze Weekend

