

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).*
- Please bring a watch with a second hand and a pillow.

Topics Covered

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

Course Instructor

Jamie Maxwell, B.A., L.P.N.
 Email: birthingclasses@mahaskahospital.com
 Phone: 641-660-7775

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
 Scholarships available upon request for Prenatal/Lamaze and Breastfeeding classes with participation in the Family Support-Parent Education Program-Mahaska/Wapello Empowerment Funding. Details will be provided at the classes.

Weekend Course Schedule

- April 10, 2010
- June 12, 2010
- September 11, 2010
- November 13, 2010

A reminder will be sent one week prior to your scheduled session.

* Refresher Lamaze and Sibling Course appointments available upon request. Please contact Jamie Maxwell, B.A., L.P.N.

Weekend Prenatal and Lamaze Registration Form

Your Name
Email Address
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

Main: 641-672-3100

Birthing Center: 641-672-3170

www.mahaskahealth.com



Birthing Center

