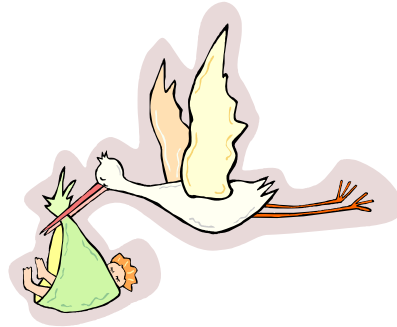




**MERCY HEALTH SYSTEM
OF NORTHWEST ARKANSAS**



2009 Family Childbirth Education Classes

**To register for any of the classes listed on these pages, call: Phone (479) 338-2939
or email: pmcarthur@roge.mercy.net**

*There are Scholarships available if you have a financial need & your care provider writes a referral for you.

PREPARED CHILDBIRTH CLASS

Parents-to-be learn about the labor and delivery process during this comprehensive course. Discussions include changes of pregnancy, breathing and relaxation techniques, as well as information on pain medications & epidurals, basic newborn care, the important role of the "Support Person" and more. Videos, slides, and class materials help prepare you for your "Labor Day". Tour our Labor and Delivery area, Post Partum rooms, and Newborn and Intensive Care Nursery areas. This class is structured as a 6 week package, with class # 6 being dedicated to Breastfeeding education. We recommend that this class be taken during your last trimester.

Register early as class size is limited: Receipt of Payment reserves your spot in class. There is a \$10 late fee if payment is made on 1st night of class. 6

Week Package: \$ 75 per couple

Monday Night Series (6:30-9:00pm)

**Jan 5,12,19,26, Feb2, 9
Feb 23, March 2, 9, 16, 23, 30
April 20, 27, May 4,11,18,25
June 22, 29, July 6,13,20,27
Aug. 10,17,24,31, Sept. 8(t), 14
Sept.28,Oct.5,12,19,26,Nov.2
Nov.9, 16, 23, 30, Dec. 7, 14
(t)= Class held Tuesday**

Thursday Night Series (6:30-9:00pm)

**Jan. 8, 15, 22, 29, Feb 5, 12
Feb. 19, 26, Mar 5,12,19,26
April 2, 9, 17(f), 23, 30, May 7
May 14, 21, 28, June4, 11, 18
June 25, July 2, 9,16,23,30
Aug.6,13,20,27,Sept.3,10
Sept. 17, 24, Oct 1, 8, 16(f), 22
Oct. 29, Nov. 5, 12, 19, Dec.3, 10
(f)= Class held Friday**

CHILDBIRTH REFRESHER COURSE

A 3-Night class program for women or couples who have already had a child, by attending **nights 2, 3 & 4** of one of our Prepared Childbirth Series. Couples will review labor, breathing, relaxation, and coping skills. Get up to date information on hospital procedures, medications, role of "Support Person" and Cesarean Birth.

\$ 40.00 per couple. (\$10 late fee applies)

CESAREAN DELIVERY PREPARATION – Part of our Prepared Childbirth Series, this class may be taken alone. (Class # 4 of any Childbirth series above). **\$15 per couple.**

WEEKEND PREPARED CHILDBIRTH CLASS

Prepared Childbirth series in a week-end option. Friday evening and all day Saturday class. This class does NOT include our breastfeeding class. Participants can register for our Breastfeeding Class separately - for \$10 if taking our wk end class. **\$70.00 per couple. (\$10 late fee applies)**

Class Friday Evening (6:00 p.m. - 9:30 p.m.) & Saturday (8:30 a.m. - 6:00 p.m.)

Jan. 9 & 10 Feb. 6&7 March 6&7 April 3 &4 May 1 &2 June 4 &5
July 10 & 11 Aug.14 &15 Sept. 11 &12 Oct. 2 &3 Nov. 6&7 Dec.4 &5

BREASTFEEDING YOUR BABY

“Breast is Best” for you and your newborn and can be a wonderful experience, if you have good information and support. Learn the “ins and outs”, advantages, common challenges, and options for working moms. **This class is designed for Dads Also!** Our Breastfeeding Specialists will help you get off to a great start. This class is part of our 6 - week Prepared Childbirth package but can be attended separately. **\$ 15 per couple for Mon & Thur. classes; \$20 per couple for Sat. classes**

Mondays 6:30-9:00 Thursday's 6:30-9:00 Saturday's (will be held only if 4 or more registered) 1:00-4:00pm

**Feb. 9
March 30
May 18
July 27
Sept.14
Nov. 2
Dec.14**

**Feb.12
March 26
May 7
June 18
July 30
Sept.10
Oct.22
Dec. 10**

**Jan. 31
March 21
April 11
May 23
Aug 1
Oct. 10
Dec. 19**

SIBLING CLASS: Getting a new brother or sister in a family is a BIG change. This class helps prepare 3-10 y/o siblings. Children will practice interacting with their new sibling, what to expect, and how they can help keep their family's baby healthy and safe. Class includes a tour for the whole family of our OB unit. **Class will be held only if there are 4 or more registered. Fee: \$15 per family.**

Saturday's 10-11:30 am:

Jan. 24 March 14 May 9 June 27 Sept.26 Nov.21

BABY CARE BASICS: This class covers information that every new parent needs, including basic baby care, basic infant first aide, & infant CPR (this is not a certification course) **The cost of this class is \$25.00 if you are taking other Mercy Childbirth Classes or \$35 if this is the only class. (\$10 late fee applies)**

Saturdays: 9:00AM- 2:00 pm

Jan. 17; March 28; May 16; July 25; Sept. 19; Oct.17; Dec. 12

If you would like to take any of the above classes, but can not afford it, please ask your doctor about a scholarship.

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