

## Class Dates for 2012

To register, call 507-646-1035

or email inquiries to [moen@northfieldhospital.org](mailto:moen@northfieldhospital.org)

### Pregnancy Plus: **NEW!**

(For couples in early to mid-pregnancy)

1 Session, Thursday night, 6:30-8 p.m., \$10

January 19	July 19
March 15	September 20
May 17	November 15

### Prepared Childbirth – Evenings:

Four sessions, Tuesdays, 6:30-9 p.m., \$50

January 3-24	July 10-31
March 6-27	September 4-25
May 1-22	November 6-27

### Prepared Childbirth – Weekends:

Two sessions, Sat. & Sun., 9 a.m.-3 p.m., \$50

January 7 & 8	August 4 & 5
February 4 & 5	September 8 & 9
March 3 & 4	October 6 & 7
April 14 & 15	November 3 & 4
May 5 & 6	December 1 & 2
June 2 & 3	

### Baby Basics:

1 Session, Tuesday night, 6:30-9 p.m., \$10

January 31	August 7
April 3	October 2
June 5	December 4

### Breastfeeding Basics:

1 Session, Thursday night, 6:30-8 p.m., \$10

January 12	July 12
February 16	August 9
March 8	September 13
April 12	October 11
May 10	November 8
June 14	December 13

First Touch  
Birth Center



  
NORTHFIELD HOSPITAL  
& CLINICS

2000 North Avenue  
Northfield, MN 55057

For more information or to register:  
507-646-1035  
[www.northfieldhospital.org](http://www.northfieldhospital.org)

We would like our classes to be available for all interested individuals. If class cost is a concern, please call.

More information on the other side.

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### Teen Classes:

Classes for teens and their labor coaches, days or evenings, at teen's convenience. Contact Annette at 507-646-1221.

### Clase Prenatal para Latinos:

Clases en español para educación del parto y lactancia materna. Llama a Rachel (intérprete del hospital) al 507-646-1069.

### Birth Planning Session:

First Touch Birth Center information and a Birth Plan form can be found at [www.northfieldhospital.org/first-touch](http://www.northfieldhospital.org/first-touch) (or from your OB provider). Expectant parents are encouraged to bring this form to a scheduled tour with First Touch staff in the last month of your pregnancy. OB Staff will answer your questions, review your Birth Plan form and identify your labor/parenting education needs. Call 507-646-1205 to schedule.

### Car Seat Safety Clinic:

Northfield Hospital partners with CarTime Auto Center to provide Car Seat Safety Clinics on the second Saturday of each month (no clinic in September) from 9:30-10:30 a.m. Expectant parents are encouraged to participate to ensure proper installation of the car seat. Walk-ins are welcome but appointments are preferred. Call Mamie at 507-663-7087.

### Baby Talk:

First Touch Birth Center nurses are available to discuss breastfeeding each Monday from 10 a.m. to noon at Baby Talk, a supportive, educational resource for new parents, which meets at Northfield Community Resource Center, 1651 Jefferson Parkway. Baby Talk is sponsored cooperatively by the Northfield Hospital, Early Childhood Family Education and the Rice County Public Health Nursing Service. Sibling care and interpreters are available.

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