



Northfield Hospital

Sophisticated care in a comfortable setting.

At Northfield Hospital, you receive personalized care through a full complement of health services – all in one convenient location.

You receive state-of-the-art care using advanced technology, set in a tranquil environment that's easy to reach, easy to navigate, and always welcoming.

Access Your Health Information 24/7

MyHealth Info gives you private, secure access to your health and billing information any time, plus useful tools to help you better manage your health.

To enroll, call 866-465-9005 or visit northfieldhospital.org/myhealthinfo

Contact us

Farmington Clinic

4645 Knutsen Drive
Tel: 651-460-2300

Lakeville Clinic + URGENT CARE

9974 – 214th Street W
Tel: 952-469-0500

Lonsdale Clinic

103 15th Avenue SE
Tel: 507-744-3245

Northfield Clinic

2000 North Avenue
Tel: 507-646-1494

Express Care Clinic

706 Division Street
Tel: 507-646-6700

Rehabilitation Clinics

Lakeville: 9913 214th St. W.
Tel: 952-985-2020

Northfield: 1381 Jefferson Rd.
Tel: 507-646-8800

Women's Health Center

2000 North Avenue
Tel: 507-646-1478

Orthopedic Clinic

1381 Jefferson Road
Tel: 507-646-89000

ENT Clinic - Faribault

1645 Lyndale Ave N.
Tel: 952-469-0500

Cancer Care & Infusion Center

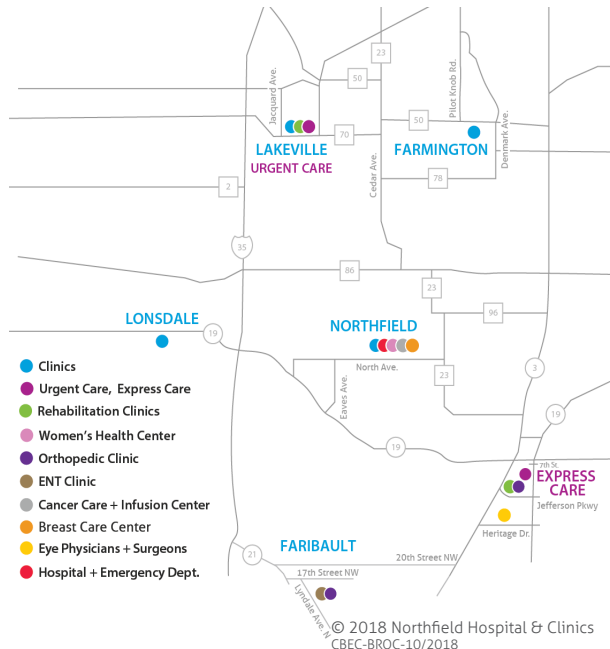
2000 North Avenue
Tel: 507-646-6979

Breast Care Center

2000 North Avenue
Tel: 507-646-1143

Northfield Eye Physicians + Surgeons

2019 Jefferson Road
Tel: 507-645-9202



Childbirth Education

from the Birth Center

2019 Classes

Prepared Childbirth is a labor and delivery class for expectant mothers and their birth partner. The class covers:

- Pregnancy and pre-birth
- Due dates and what they mean
- Labor and birth including: signs of labor, preterm labor, induction, stages of labor, positioning
- Hands-on positioning practice
- Relaxation/breathing exercises
- Pain medication options
- Monitoring and other interventions
- Cesarean section
- Postpartum stay and tour of Birth Center
- Community resources for new parents

Baby Basics is a class for expectant parents and caregivers which covers:

- Golden Hour – Baby’s first hour outside the womb
- Fresh newborn baby characteristics
- Newborn care including: diapering, bathing, burping, tummy time, cord care, typical day, when to contact the doctor, circumcision
- Safety: home safety, SIDS prevention, Shaken Baby Syndrome, car seat safety
- CPR
- Parent resources

Breastfeeding Basics is a class for expectant mothers and their partners which covers:

- Benefits of breastfeeding
- Anatomy and physiology
- Milk composition
- How to get off to a good start including: feeding cues, positioning, and latching
- Breastfeeding difficulties
- Nutrition
- Breast pumping
- Support networks for breastfeeding

Prepared Childbirth

Four Sessions, Tuesdays, 6:30-9 pm, \$75

Jan. 8 - Feb. 5

(no class 1/22)

March 5-26

May 7-28

July 9-30

September 3-24

November 6-26

(1st class on Wed.)

One Session, Saturday, 9 am-4 pm, \$75

February 23

April 20

June 15

August 24

October 12

December 14

Baby Basics

One Session, Tuesday, 6:30-9 pm, \$25

February 26

April 9

June 11

August 20

October 8

December 10

One Session, Saturday, 9-11:30 am, \$25

January 19

March 16

May 18

July 20

September 21

November 16

Breastfeeding Basics

One Session, Thursday, 6:30-9 pm, \$25

January 3

February 21

March 7

April 4

May 2

June 13

July 11

August 1

September 5

October 3

November 7

December 5

Clase Prenatal Para Latinos

Educación en español para el parto y lactancia materna. Llama a Rachel o Sharisse (intérpretes del hospital) al 507-646-1069.

Class Availability

Class sizes are limited and filled on a first-come first-served basis once payment is received. Class sizes are kept small to ensure a quality experience for expectant mothers, their birth partners and other class participants. Registration is per “couple” and is good for two people. Your spot in the class(es) is not guaranteed until payment is received and you have been sent a confirmation and receipt for payment. We would like our classes to be available to all interested individuals. If class cost is a concern, please call 507-646-1534.

Birth Planning Session

Birth Center information and a Birth Plan form can be found on our website at northfieldhospital.org or ask your OB provider. You are encouraged to bring this form to a scheduled tour with Birth Center staff during the last month of your pregnancy. Birth Center staff will answer your questions, review your Birth Plan form, and identify your labor/parenting education needs. Call 507-646-1205 to schedule.



For more information
or to register:

babyclasses@northfieldhospital.org
507-646-1534

2000 North Avenue
Northfield MN 55057

www.northfieldhospital.org