



**Classes are conducted via video at this time – virtual, interactive, live classes.**

*After you register and pay for the class we will e-mail you the materials for the class and a video conference link one week before your class.*

### **View Our Video Series**

*Watch patient testimonials, Birth Center experience, virtual tour of Birth Center and more at [northfieldhospital.org/whc](http://northfieldhospital.org/whc)*

## **The Birth Center**

In the era of COVID, we're taking extensive precautions in our Birth Center to protect you and your baby, with the full resources of a hospital and doctors and care team as needed. We're committed to giving you the safest, most comfortable birth experience possible.

The birth of your baby is a deeply personal experience. We support you in giving birth your way. You want a safe, nurturing environment that allows you and your family to focus on this remarkable event as it unfolds. Our skilled providers offer supportive, compassionate care.

- Individual birth plan
- Private birthing rooms with whirlpool baths and beautiful views
- State-of-the-art infant security
- Family-friendly rooming-in policies
- Cesarean birth with partner in attendance
- Pediatric care at birth
- Lactation consultation and coaching
- Childbirth education

For more information  
or to register:

[babyclasses@northfieldhospital.org](mailto:babyclasses@northfieldhospital.org)  
507-646-1534

2000 North Avenue  
Northfield MN 55057

[www.northfieldhospital.org](http://www.northfieldhospital.org)



# **Childbirth Education**

from the  
**Birth Center**

# **2020 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 management 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

July 7- 28

September 8-29

November 4-24 (1st class on Wed. 11-4)

Two Sessions, Saturday, 9 am-12 pm, \$75

August 8 & 15

October 24 & 31

December 5 & 12

## Baby Basics

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

August 11

October 20

December 8

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

July 18

September 19

November 21

## Breastfeeding Basics

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

July 9

August 6

September 3

October 1

November 5

December 3

## 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](http://northfieldhospital.org) or ask your OB provider. 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 a planning session.



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