

# 2019 Schedule of Classes for Expectant Parents



## Prepared Childbirth Classes 9:00 a.m. – 1:00 p.m.

*Wadley Regional Medical Center Education Center – First Floor*

This class will help you prepare for the birth of your baby and help to ensure it will be a great birthing experience. You will have a better understanding of what is happening to your body during labor & delivery. We will discuss comfort techniques, pain relief options during labor, “The Sacred Hour” skin-to-skin time after birth, tips for caring for yourself & your new baby as well as a hospital tour.

**Participants will need to bring two pillows to class.**

- Exercises for labor & delivery
- How the body changes during pregnancy
- What to expect during labor
- When to call the doctor
- Breathing techniques
- How to relax for an easier childbirth
- Information about newborn care
- How to calm a fussy baby

January 19  
February 16  
March 16  
April (No  
Class)  
May 18  
June 15

July 20  
August 17  
September 21  
October 19  
November 16  
December (No Class)

### *Cost for All Classes*

If delivering at Wadley ..... FREE  
All others..... \$30

## Breastfeeding Support Group

First Tuesday of each month 5:30 - 6:30 p.m.

*Wadley Regional Medical Center Education Center*

## Breastfeeding Classes

First Tuesday of each month 6:30 - 7:30 p.m.

(Immediately following the Breastfeeding Support Group)

*Wadley Regional Medical Center Education Center*

Learn about the benefits, proper techniques and challenges associated with breastfeeding, taught by Certified Lactation Consultant Carlotta Endsley, RN. Moms may sign up as early as their 4th month of pregnancy.

## Infant Choking & CPR 7 p.m.

*Wadley Regional Medical Center Education Center*

This is excellent for parents, grandparents and babysitters. You will learn how to protect your infant and toddler by learning the basic techniques on how to perform cardiopulmonary resuscitation and what to do if your child is choking.

February 19  
May 21

August 20  
November 19

### *Cost for Breastfeeding and Choking/CPR*

If delivering at Wadley ..... FREE  
All others..... \$15

**Reservations are required for all classes and can be made by calling 1-877-7WADLEY(923539).**

Tour Wadley’s labor & delivery area, nursery and mom’s room, provided upon request. Please call Carlotta Endsley at 903-798-8025

**Wadley Regional  
Medical Center**

A STEWARD FAMILY HOSPITAL

In Partnership with Physician Owners

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