

2011 Childbirth Education Class Schedule

You have so much to do to prepare for your baby's arrival, from choosing a name to buying booties! It's good to know that our specially trained Birthing Center staff can help! We offer a wide selection of educational classes that are sure to meet your individual needs – whether you're having your first baby, are an experienced mother, or need specialized information. Mothers not delivering at Knox Community Hospital are welcome to take these classes.

► Childbirth Education Class

This is the heart of your preparation for childbirth. We offer 2 different class formats to help meet your busy schedules. Monday evenings: 6 pm-8:30 pm over a three week period while the Saturday class is a 1-day session from 8 am - 4 pm. You will receive instruction on coping with labor, when to go to the hospital, the role of the coach, what to expect in lifestyle changes, medication options, breathing and relaxation techniques, infant care, and much more! All classes are held in the Childbirth Training Center.

Monday Classes 6 pm – 8:30 pm		Saturday Classes 8 am – 4 pm	
January 3, 10, 17	July 11, 18, 25	February 12	August 13
March 7, 14, 21	September 12, 19, 26	April 16	October 8
May 2, 9, 16	November 7, 14, 21	June 11	December 10

REGISTRATION INFORMATION: Please register for your Childbirth Education Class when you are in your fifth month of pregnancy. It is recommended that you take your classes during your seventh and eighth months.

** Mothers who can not attend childbirth classes due to complete bedrest can contact the Birthing Center for information regarding the availability of a "Bedrest Basket" which includes childbirth educational materials.*

► Breathing & Relaxation Class

A new class is available for those who would like more information on preparing for a natural birth experience. Participants will be provided information on breathing techniques, relaxation, massage and other comfort techniques. It is suggested this class be taken along with the Childbirth Education Class.

Classes offered Mondays from 6 pm - 8:30 pm on:

February 14	April 18	June 13	August 15	October 10	December 12
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ALL CLASSES ARE FREE OF CHARGE BUT REGISTRATION IS REQUIRED FOR ALL CLASSES. PLEASE CONTACT THE BIRTHING CENTER AT 740.393.9731 FOR DETAILS AND REGISTRATION.



The Birthing Center

► Breast Feeding Class

This class is designed to help you get a good start with breast feeding your baby. In class, you will learn the advantages of breast feeding, proper positioning and latching-on, how to avoid common problems, and so much more. Coaches and spouses are encouraged to attend so they can learn what they can do to help.

All classes are held in the Childbirth Training Center on Thursdays from 6 pm – 8 pm. Registration is required. Please call 740.393.9731.

► Breast Feeding Class Schedule

January 13	July 14
March 10	September 8
May 12	November 10

► Grandparent and Sibling Tours

Private tours will be available for grandparents and siblings. Siblings will make personalized infant T-shirts for their new baby. Gift bags will be provided for grandparents and siblings. There is no charge for this tour.

We welcome your comments
or questions:
740.393.9731

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