

# DELIVERING DAILY Getting Ready for Birth

## 2017 Prenatal Classes at McLaren Macomb

McLaren Macomb Family Birthing Center offers classes to help explain and prepare new parents-to-be for their delivery and hospital stay.

### Getting Ready for Birth

6 p.m. – 9 p.m. Three week series (Fee: \$50)

### Prenatal Express

8:30 a.m. – 5 p.m. One Saturday (Fee: \$50)

Getting Ready for Birth and Prenatal Express classes cover the same material and are offered at different times to accommodate scheduling needs. By encouraging participants to learn more about the birthing experience, our goal is to reduce the fears sometimes associated with childbirth. These classes will help mothers-to-be and their coaches understand the labor and birthing process, pain control, unexpected outcomes, relaxation techniques and coping methods. You'll learn about what happens to your baby immediately after birth, post-delivery care and testing. Classes include a tour of the Family Birthing Center. Getting Ready for Birth: Includes snack and beverage. Prenatal Express: Includes box lunch and beverage

### Introduction to Breastfeeding

6 p.m. – 9 p.m. (Fee: \$30)

This three hour session helps prepare mothers-to-be to properly breastfeed their new baby. Many aspects of breastfeeding are covered from positioning the baby to the handling and storage of breast milk. Support persons are encouraged to attend. Includes snack and beverage.

### Infant/Child Care and Safety

6 p.m. – 9 p.m. (Fee: \$15/person)

This three hour session teaches basic childcare and safety for baby's first year of life. Topics include feeding, diapering, dressing, sleep patterns, signs of illness, infant CPR and more. Topics are targeted toward new parents, adoptive parents, grandparents and teenage siblings. Includes snack and beverage.

### Family Birthing Center Tours

6 p.m. – 6:30 p.m. (FREE)

Tours allow expectant moms and their supporters to tour the labor, delivery, recovery and post-partum (LDRP) suites, learn what to expect during their hospital stay and discuss any questions or concerns they may have.

All classes are held at McLaren Macomb. Fees include mom and one additional attendee. Class and tour registration is required. Register on-line at [www.mclaren.org/deliveringdaily](http://www.mclaren.org/deliveringdaily).

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