



## St. Clare Childbirth Center Classes

teach a positive, yet realistic overview of pregnancy, labor and delivery. A variety of relaxation methods including massage, slow breathing, mental imagery and muscle tension and release are discussed. Along with information important to the mom-to-be about labor, support persons are guided through ways to provide comfort, praise and encouragement during labor, delivery and the postpartum period.



*Your Health Our Team*

St. Clare Childbirth Center  
707 Fourteenth Street  
Baraboo, WI 53913

# 2009 Childbirth Classes



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## St. Clare Childbirth Center Classes

Our classes are for you! Whether you are a mother-to-be, her support person, a new Mom or a soon-to-be big sister or brother, our classes are designed to ensure that you get the information you need in a format that makes learning interesting and fun! You may register for all classes by calling the Childbirth Center at 356-1520.

### Childbirth Class

Childbirth classes are designed to give you important information about labor, birth, postpartum and newborn care. Classes one through four focus primarily on labor and delivery. Clear demonstrations of labor progress are provided along with techniques to show support persons how to give praise, encouragement and comfort during labor and delivery. Class five is designed to prepare Mom for what to expect the first 12 to 24 hours after birth as well as provide information and great tips to make your first weeks at home more relaxing for you and your newborn! Then, in the sixth class, get off to the best possible start with breastfeeding! This class explores the myths and realities of breastfeeding and you'll learn just how it works! **Please select a class with a completion date that is approximately four weeks before your due date.**

**Day of the week:** Tuesday

**Time:** 6:30 pm – 8:30 pm

**Place:** Ringling Room in the basement of St. Clare Hospital & Health Services

**Cost:** \$60 per couple

**Please bring two pillows and a blanket to the first four classes**

**Dates:**

Jan. 6, 13, 20, 27 & Feb. 3, 10

Mar. 3, 10, 17, 24, 31 & April 7

May 5, 12, 19, 26 & June 2, 9

July 7, 14, 21, 28 & Aug. 4, 11

Sept. 8, 15, 22, 29 & Oct. 6, 13

Nov. 3, 10, 17, 24 & Dec. 1, 8

### One Day Childbirth Class

This is what we call "labor in a nutshell"; all the information that is shared in regular evening series childbirth classes condensed into one day. Postpartum and newborn care is also covered. LUNCH IS PROVIDED!

**Day of the week:** Saturday

**Time:** 8:00 am – 4:00 pm

**Place:** Ringling Room in the basement of St. Clare Hospital & Health Services

**Cost:** \$25 per couple

**Please bring two pillows and a blanket to this class!**

**Dates:** March 14, June 6, September 12, December 5

### Sibling Preparation Class

This class is designed to prepare children in a positive way for the birth of a new baby. Moms and Dads, bring your "big brother or sister-to-be" for a tour of the Childbirth Center, a video, snacks and a free gift!

**Day of the week:** Saturday

**Time:** 10:00 am – 11:30 am

**Place:** HoChunk Room in the basement of St. Clare Hospital & Health Services

**Cost:** Free

**Dates:** February 14, April 11, June 20, August 1, October 10, December 5

### Infant and Child CPR Class

If you've ever wanted to learn this skill, here is your opportunity. This class can be taken for certification or just for information. A minimum of 6 people must be enrolled.

**Day of week:** Tuesday

**Place:** Ringling Room in the basement of St. Clare Hospital & Health Services

**Cost:** \$20 per person

**Dates:** April 14, June 16, August 18, October 20, December 15

**Cost:** Certification \$30/Non-certification \$20

Please register by calling 356-1520 and pre-pay by sending check or money order to:

First Responder

930 22nd St.

Reedsburg, WI 53959

### New Mom's Group

Come join the fun and enjoy the support! This class is geared toward all Moms who would like to come and share their experiences, joys and concerns. So, New Moms, bring your infant or toddler and enjoy sharing in the beautiful, tranquil Lake Delton Clinic Meeting Room! You'll be glad you did!

**Day of the Week:** Tuesday

**Time:** 11:00 am – 12:30 pm

**Place:** Lake Delton Clinic, Lake Delton

**Cost:** Free

**Dates:** January 13, February 10, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, December 8

### Childbirth Classes for Hispanic Women:

If you are a Spanish-speaking woman and you are interested in getting important information about labor and delivery, please call the Childbirth Center at 356-1520. We will have someone contact you to set up a class.

### Resolve Through Sharing Bereavement Support

Intended for those who have experienced a loss involving miscarriage, stillbirth or newborn death up to the first year of life, Bereavement Staff is available on call at 356-1520.

#### Our Classes Include:

Childbirth Classes (6 weeks) • One Day Childbirth Class • Sibling Class  
Infant and Child CPR • Mom's Group • Hispanic Childbirth Class

To register for the class, please complete this form and mail to:

**St. Clare Hospital & Health Services, Childbirth Center,  
707 Fourteenth Street, Baraboo, WI, 53913.**

Name: \_\_\_\_\_

Coaches Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Due Date: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Hospital: \_\_\_\_\_

Please check one:  Childbirth Class  Saturday Childbirth Class  Sibling Preparation Class  New Mom's Group

The Childbirth Center will confirm your registration by phone or mail (payment will be collected at class).

