

CHILDBIRTH PREPARATION CLASS

The doctors encourage first time parents to enroll in childbirth class, whether scheduled for vaginal delivery or cesarean. Our childbirth class is offered monthly on a Saturday and is designed for those who prefer a one-day workshop. The classes are offered on Saturdays from 9:00-3:30 and will meet in our office waiting room.

Topics that will be covered are:

The process of Labor and Delivery, Brief discussion of Lamaze and relaxation, Pain control and anesthesia options, Hospital experience, Tips on choosing a pediatrician, Discussion with a pediatrician about basic newborn experiences, Tour of Labor and Delivery, Discussion of cesarean delivery-indications and process, Postpartum care.

This is a fun, interactive class. Kelly has been teaching this class for AAOBGYN for 20 years. We will have a pediatrician speak at the class and we will discuss the basics of newborn care. We discuss the issues as it would pertain to either a vaginal or cesarean delivery. We discuss most of the interventions you may undergo in the hospital. Postpartum is such an important topic that deserves discussion, again whether delivering vaginally or by cesarean. This is an enjoyable class. We will break for lunch and will take a tour of the hospital. Couples receive lots of good information which will serve them well.

COST: \$90 per couple. Please make payment the day of the class. Please pay by cash or check. Checks would be payable to Kelly Reagan.

For more information, contact Kelly Reagan at Austinchildbirthclass@gmail.com or (512) 451-8211

To register, please email the information below to Austinchildbirthclass@gmail.com or fill out information below and give to one of your nurses. Thank you

Name: _____ Ph # _____

January 12,2019 January 26, 2019 February 9, 2019 March 2,2019 March 23,2019

April 13, 2019 April 27, 2019 May 11, 2019 June 8, 2019 July 13,2019

August 3, 2019 August 24, 2019 September 7, 2019 September 28, 2019

Oct 19, 2019 Nov 9, 2019 Nov 30, 2019 Dec 14, 2019 Jan 11, 2020