

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 Saturday from 9:00am-4:00pm and will meet in our office waiting room.

Topics that will be covered:

- The process of Labor and Delivery
- Brief discussion of Lamaze and relaxation
- Pain control and anesthesia
- Hospital experience
- Tips on choosing a Pediatrician
- Discussion with a pediatrician about basic newborn experiences
- Tour of Labor and Delivery
- Discussion of Cesarean-indication and process
- Postpartum Care

This is a fun, interactive class! 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 vaginal or cesarean delivery. We discuss most of the interventions you may undergo in the hospital. Postpartum is an important issue that deserves discussion, again whether vaginal or cesarean delivery. This is an enjoyable class. We will break for lunch and will do a tour of the hospital. You will receive lots of good information which will serve you well.

Cost: \$90.00 per couple. Please make payment the day of the class. Please pay by cash or check.

Please make checks payable to Kelly Reagan.

For more information, contact Kelly Reagan at Austinchildbirthclass@gmail.com or (512) 451-8211 or give to any of Dr. Seeker's clinical staff.

Name _____ Partner's Name _____

Cell# _____ Due Date _____

Email _____

Available Dates:

January 9, 2016	February 6, 2016	March 5, 2016	April 23, 2016
May 14, 2016	June 11, 2016	July 2016-TBA	August 20, 2016
September 17, 2016	October 22, 2016	November 19, 2016	December 10, 2016