

positive childbirth classes



email babyclass@ccmhhealth.com • text **580.250.6508**

WHEN? This class series meets the first three Tuesdays of each month from 6 - 8:30 pm. Additional classes are offered upon request.

WHERE? Oakwood Classroom in the main hospital

HOW? To register, email babyclass@ccmhhealth.com or text **580.250.6508**

This free class is taught by a Certified Childbirth Educator and gives parents valuable insight on what to expect in the 3rd trimester and how labor and giving birth works.

- Learn comfort measures such as labor ball exercises, mindful relaxation, imagery, and breathing techniques.
- Recognize how movement can positively influence the labor and birthing process.
- Support partners learn techniques to help their partners alleviate pain and stress.
- Understand induction of labor, cesarean section, and other medical procedures which may be encountered.
- Learn all pain relief options available at CCMH.
- Receive valuable insight about a newborn's first hours of life, the benefits of skin to skin, safe sleep guidelines, and the benefits of breastfeeding.
- Review how the physical changes after birth affect the body and mind and get to know warning signs that require treatment.

In addition to hands-on learning, educational videos include 3D animations and interviews with medical professionals and first-time parents. Whether your plan includes a natural birth or a medicated birth, coping mechanisms and pain relief will be beneficial to everyone.

Don't miss out and register today!