

According to the *Journal of Advanced Nursing*, there are definite physical and emotional benefits to childbirth education. Consider this:

- Women have less perceived stress/depressive symptoms in the postpartum period
- Women feel more satisfied with the birth experience and with themselves as an emerging parent
- Women experience greater psychological well-being while pregnant
- Women have greater success breastfeeding during the first month
- Women are able to more wisely participate in the decision-making process, especially with regard to interventions before and during labor
- Women experience less pain and require fewer analgesics and anesthesia
- Women have reduced anxiety and tension
- Women have improved maternal and infant outcomes
- Women's support person/family feel encouraged to participate in the birthing process

“Taking a course is not a requirement: you’ll get to give birth no matter what. It’s just that they call it childbirth preparation for a reason: it helps prepare you. It takes the mystery out of it. Information is empowering, and what you don’t know can scare you more than it should. It also helps dad to feel a part of the birth experience. Many people rely on the internet for information, but it is filled with a lot of misinformation. Going into childbirth blindly can be something you later regret. Labor is not a great time to start learning the ropes and making major decisions as it is often difficult to think clearly while coping with contractions.”

—Heidi Murkoff, author
*What to Expect When
You’re Expecting*



Your beautiful miracle • Our exceptional care
118 E. Haskell Street • Winnemucca, Nevada • 775-623-5222

Humboldt General Hospital **CHILDBIRTH EDUCATION SERIES**

*Let us help you
make your most
informed birthing
and parenting
decisions*



To pre-register for any of the classes
in Humboldt General Hospital's
Childbirth Education Series, please call
HGH MOTHER & BABY UNIT
775-623-5222, ext. 1268

CHILDBIRTH EDUCATION

This class will help you make your most informed birthing decisions—from prenatal through postpartum including phases of labor, comfort measures, interventions, medications, breathing techniques and coaching help.

9 a.m. to 3:30 p.m.
HGH Conference Room

January 11, 2020
February 8, 2020
March 7, 2020
April 11, 2020
May 9, 2020
June 20, 2020
July 25, 2020
August 22, 2020
September 26, 2020
October 24, 2020
November 14, 2020

Please bring two pillows and wear comfortable clothing. Husbands, fathers and coaches are encouraged to attend. Snacks and lunch are included.

LACTATION CLASS

Learn from our Certified Lactation Consultant about the natural process of breastfeeding, lactation, physiology of the breast, positioning, identifying feeding cues, good nutrition, and storage of breast milk.

6 p.m. to 8 p.m.
HGH Conference Room

January 13, 2020
February 10, 2020
March 9, 2020
April 13, 2020
May 11, 2020
June 22, 2020
July 27, 2020
August 24, 2020
September 28, 2020
October 26, 2020
November 16, 2020

Please bring a doll or stuffed animal to practice your breastfeeding positioning. Husbands, fathers and coaches are encouraged to attend.

NEWBORN CARE CLASS

This class will cover feeding, sleeping, diapering, circumcision, umbilical cord care, bathing and dressing. Parents-to-be will also learn about temperament, crying and comforting techniques, behavior states and newborn communication.

6 p.m. to 8 p.m.
HGH Conference Room

January 21, 2020
February 18, 2020
March 17, 2020
April 21, 2020
May 19, 2020
June 29, 2020
August 4, 2020
August 31, 2020
October 6, 2020
November 3, 2020
November 23, 2020

Please bring a doll or stuffed animal to practice your parenting skills. Husbands, fathers and coaches are encouraged to attend.

Our goal at HGH is to educate and prepare new parents for success. Due to the importance of these classes, there is no fee to participate. For questions, please contact Childbirth Educator/Lactation Consultant Becky Egbert at 775-455-5138 or the HGH Mother & Baby Unit at 775-623-5222, ext. 1268.