



Ten Reasons to Take Childbirth Classes

1. Increase your chances for a healthy baby.
2. Get support from healthcare providers and other pregnant women.
3. Learn to make smart choices for you and your unborn baby.
4. Learn to take care of yourself.
5. Learn about your unborn baby.
6. You will have lots of questions as your body changes.
7. Learn when to call your healthcare provider or the Otsego Memorial Hospital Birthing Center.
8. Plan now for your birth.
9. Learn to take care of your body after delivery.
10. Find out how to feed and take care of your newborn.

(over)

2012 OMH Childbirth Education Class Schedule

5-week Childbirth Preparation - Cost: \$50

Wednesday Evenings – 6:30 - 9 p.m.

Feb 29 – March 28

Apr 18 – May 16

July 11 – Aug 8

Sept. 12 – Oct 10

Nov 7 – Dec 5

Health Department Vouchers are accepted.

Childbirth Preparation - Cost: \$50

Saturday (All-Day) – 9 a.m. to 5 p.m.

February 4

May 12

June 9

August 4

October 6

December 8

Breastfeeding session is included in the Tuesday evening class that follows the Saturday Session. For example: Tuesday, February 7th class will have the breastfeeding session for the Saturday, February 4th class participants.

Health Department Vouchers are accepted.

Breastfeeding Class - FREE (Included in 5-week series & Saturday Class)

Wednesday Evenings – 6:30 - 9 p.m.

March 28

May 16

June 13

Aug 8

Oct 10

Dec 5

Sibling Preparation - Cost: \$10/child, up to \$20 per family

Saturday Mornings – 10:00 - 11:30 a.m.

January 21

April 21

August 18

November 10

To learn more or sign up for one of the classes, please contact:

**Parent Education Coordinator / OMH Birthing Center
(989) 731-2111**

*Private sessions for those with special circumstances are available for \$25.
Please call the number above for more information.*