

Otsego Memorial Hospital • Journey to Parenthood

Childbirth Preparation

Expectant parents begin their journey to parenthood by learning what to anticipate during their pregnancy, labor, delivery and continuing through caring for and feeding their newborn.

Topics include:

- Breathing and relaxation techniques
- Pain management
- Pregnancy "normals"
- What to expect at the hospital
- Nutrition
- Labor & Delivery
- Post-partum care
- Infant care and feeding
- Breastfeeding

A tour of the OMH Birthing Center is included.

Class details:

- A five-week series is held on Tuesday evenings from 6:30 – 9 p.m.
- An all-day class is held on Saturday mornings from 9am – 5pm
- Registration is encouraged by the 20th week of pregnancy.
- Classes are taught by experienced OMH Birthing Center nurses
- Partners/coaches are encouraged to attend
- **Cost is \$50 |**
- **Health Department vouchers are accepted**

Please register early for proper class placement.

Childbirth Preparation — Private Sessions

Occasionally circumstances surrounding a woman's pregnancy prevent her from attending the traditional childbirth preparation classes. For the woman delivering at OMH, **private sessions may be available by appointment for a cost of \$25.** Call (989) 731-2111 for more information.

Breastfeeding Classes

This class is FREE. Offered several times throughout the year on Tuesday evenings, this class is part of the 5-week series and a Tuesday night session is also included with the Saturday class. Mothers and their support partners will learn the benefits of breastfeeding, as well as milk production and proper mechanics of latching on. Class is taught by a Certified Lactation Consultant. Bring a baby doll or stuffed animal to class. Partners are encouraged to attend.



"I'm the Big Kid, Now!" – Sibling Preparation

Families with older siblings may register for the sibling preparation class. This class is designed especially for children ages 2-10 years. The class is offered several times throughout the year on Saturday morning from 10-11:30 a.m. Children explore life with a new baby using hands-on hospital play, bathing, diapering, art, story and video. **There is a \$10 fee per child, \$20 maximum per family.** Parents are required to accompany their child(ren).

A child's tour of the OMH Birthing Center is included.

OMH Parent Education 2012 Schedule

5-week Childbirth Preparation - Cost: \$50 Wednesday Evenings – 6:30 - 9 p.m.

February 29 – March 28

April 18 – May 16

July 11 - August 8

September 12 – October 10

November 7 – December 5

Health Department Vouchers are accepted.

Childbirth Preparation - Cost: \$50 Saturday (All Day) – 8:30 a.m. - 4:30 p.m.

February 4

May 12

June 9

August 4

October 6

December 8

Health Department Vouchers are accepted.

Breastfeeding Class - FREE Wednesday Evenings – 6:30 - 9 p.m.

February 7 (Tuesday) March 28

May 16

June 13

August 9

October 10

December 5

Sibling Preparation - Cost: \$10/child Saturday Mornings – 10 - 11:30 a.m.

January 21

April 21

August 18

November 10

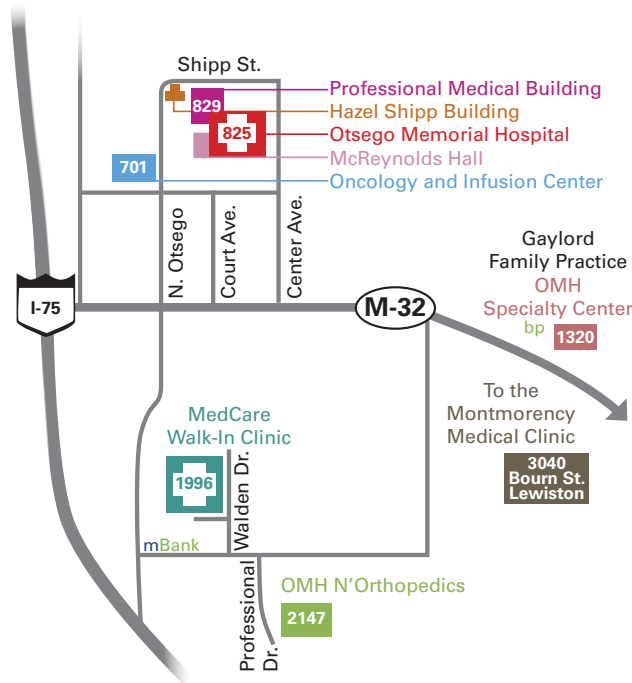


Important Notes

- Classes require pre-registration
- Financial assistance for childbirth education classes is available for those who qualify
- Classes are held in the OMH Classroom
- Parents with any special circumstances please call (989) 731-2111.



Campus Map



To register or for more information, contact the Parent Education Coordinator at (989) 731-2111 or gsmith@myomh.org

A schedule of classes may be found on the Events Calendar at MyOMH.org

Main Switchboard.....(989) 731-2100
 Toll Free(800) 322-3664
 Physician Referral(989) 731-2300

Your Champion for Better Health. 
 825 N. Center, Gaylord, MI 49735 | MyOMH.org

**Otsego Memorial Hospital
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Parent Education

- Birthing Center Tours
- Breastfeeding
- Childbirth Preparation
- Sibling Preparation

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Smoking is prohibited on OMH property.



OMH strives to provide a safe, clean, and healthy environment for all and is committed to serve as a model and leader in promoting the health and wellness of our community.

Thank you for helping us to maintain a smoke-free, healthy environment for everyone.