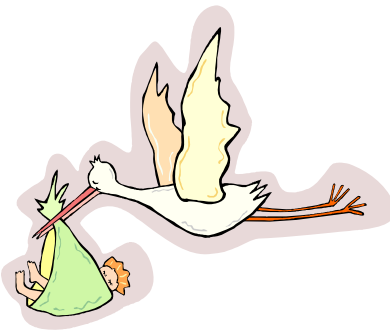




**MERCY HEALTH SYSTEM
OF NORTHWEST ARKANSAS**



2010 Family Childbirth Education Classes

**To register for any of the classes listed on these pages, call:
Phone (479) 338-2939 or Email: pmcarthur@roge.mercy.net**

PREPARED CHILDBIRTH CLASS

Parents-to-be learn about the labor and delivery process during this comprehensive course. Discussions include changes of pregnancy, breathing and relaxation techniques, basic newborn care, the important role of the “Support Person” and more. Videos, slides, and class materials help prepare you for your “Labor Day”. Tour our Labor and Delivery area, Post Partum rooms, Newborn and Intensive Care Nursery areas. This class is structured as a 6 week package, with class # 6 being dedicated to Breastfeeding education. We recommend that this class be taken during your last trimester.

Register early as class size is limited:

6 Week Package: \$ 75 per couple

Monday Night Series (6:30 – 9:00 p.m.)

Jan. 4,11,18,25, Feb.1, 8

March 1,8,15,22,29, April 5

April 19,26, May 3, 10, 17, 24

June 21,28, July 5,12,19, 27(Tue)

Aug.9,16,23,30, Sept.7(Tue),13 (mon)

Sept.27, Oct. 4,11,18,25, Nov.1

Nov.15, 22, 29, Dec. 6,13,20

Thursday Night Series (6:30 – 9:00 p.m.)

Jan.7,14,21,28, Feb.4, 11

March 4, 11, 18, 25, April 1, 8

April 22, 29, May 6,13,20,27

June 10, 17, 24, July 1,8, 15

July 29, Aug. 5,12,19,26, Sept. 2

Sept. 16,23,30, Oct.7,14,21

Oct. 21, Nov. 4, 11,18, Dec.2, 9

CHILDBIRTH REFRESHER COURSE

A 3-Night class program for women or couples who have already had a child, by attending **nights 2, 3 & 4** of one of our Prepared Childbirth Series. Couples will review labor, breathing, relaxation, and coping skills. Get up to date information on hospital procedures, medications, role of “Support Person” and Cesarean Birth. **\$ 45 per couple.**

CESAREAN DELIVERY PREPARATION – Part of our Prepared Childbirth Series, Class # 4.
\$25 per couple.

WEEKEND PREPARED CHILDBIRTH CLASS

Prepared Childbirth series in a week-end option. Friday evening and all day Saturday class. Class **does not include breastfeeding class. Can register for Breastfeeding Class separately** – for \$15 if taking wk end class.

\$75 per couple. Class runs Friday Evening (6:00 p.m. – 9:30 p.m.) & Saturday (8:30 a.m. – 6:00 p.m.)

Jan.8&9 Feb. 5&6 March 5&6 April 9 & 10 May 7 & 8 June 11&12 July 9 &10 Aug 6 &7
Sept. 3 &4 Oct.1 &2 Nov 5 & 6 Dec.3& 4

BREASTFEEDING YOUR BABY

“Breast is Best” for you and your newborn and can be a wonderful experience, if you have good information and support. Learn the “ins and outs”, advantages, common challenges, and options for working moms. **This class is designed for Dads Also!** Our Breastfeeding Specialists will help you get off to a great start. This class is part of our 6 – week Prepared Childbirth package but can be attended separately. \$25 per couple if taken with other classes (such as Baby Basics or Weekend Series) or **\$ 35 per couple if taken separately.**

<u>Mondays</u>		<u>Thursday's</u>	
Feb. 8	Sept.13	Feb 11	Sept. 2
April 5	Nov.1	April 1	Oct 21
May 24	Dec.20	May 27	Dec 2
July 27		July 15	

SIBLING CLASS: To prepare children ages 3yr-12yr for the coming of a new brother or sister. **Class will be held only if there are 4 or more registered.**

Saturday's 10-11:30 am: March 20 June 5 Sept. 18 Dec. 11
Cost: \$25 per family

BABY CARE BASICS: This is a class that covers information that every new parent needs, including basic baby care, basic infant first aide, & infant CPR (is not a certification course) The instructor for this class is a Registered Nurse whose specialty is Neonatal Intensive Care as well as an experience parent educator . The cost of this class is \$35.00 if you are taking other Mercy Childbirth Classes or \$45 if this is the only class. Held on **Saturday's 9am-2pm**

Jan. 16 Feb 27 April 17 June 5 July 24 Sept 11 Oct. 30

BABY SITTER CLASS: Class for girls & boys ages 10-15 who would like to learn the business of Babysitting! Includes information on age appropriate care & first aide. Participants will receive a Certificate at the end of the class. Charge for the Class is \$25.00 per participant.

Saturday's: February 6, May 1, August 7 or November 6

**To Register for any of the classes listed on these pages, call (voice mail line):
479-338-2939 or email: pmcarthur@roge.mercy.net**

***Limited number of scholarships available for those with financial need, ask your care-provider for specifics.**