



## CHILDBIRTH EDUCATION CLASSES

Classes are a two part, half day, Saturday Childbirth Education Class taught by Obstetrical Nurses to provide expectant mothers and their coach information and skill building activities to prepare for childbirth and the first few weeks at home with the new baby.

**Expectant mothers should be at least 28 weeks gestation at the time of the class. Please view our schedule and choose only one set of classes.**

All classes are from 10:00 a.m. – 2:00 p.m., and will be held in the Hospital Boardroom (see attached map). Please note: a maximum of four couples per class. Participants must register at least two weeks prior to class. (Note FMC reserves the right to make class changes, if needed, to accommodate as many expectant mothers, as possible.) Refreshments will be served.

Due to a generous donation from the Fairchild Medical Center Foundation, there is no charge for the class.

You may bring one “coach” with you to both classes. Preferably the same person each time.

Please note: you are required to attend the Class Session 1 in order to attend Class Session 2. The class series are not interchangeable.

### 2023

October 7th & 14th  
November 4th & 11th  
December 2nd & 9th

### 2024

January 6th & 13th  
February 2nd & 10th  
March 2nd & 9th  
April 6th & 13th  
May 4th & 11th  
June 1st & 8th  
July 6th & 13th  
August 3rd & 10th  
September 7th & 14th  
October 5th & 12th  
November 2nd & 9th  
December 7th & 14th

All classes are from  
10:00 a.m. – 2:00 p.m.,  
and will held in the  
Hospital Boardroom

## SESSION ONE

- Introduction to childbirth preparation
- Overview of third trimester fetal development and common discomforts of pregnancy
- Review healthy nutrition, warning signs of preeclampsia, preterm warning signs and common emotions of pregnancy
- Birth video with Q&A to follow
- Readiness for labor, signs of labor, pain theories and comfort techniques, along with labor and delivery positions



## SESSION TWO

- Tour of the OB unit with a review of labor and delivery, and coping mechanisms
- Introduction of medical interventions including potential medications, fetal monitoring, anesthesia, laboring with an epidural and an overview of cesarean birth
- Discussion of newborn topics including common hospital procedures, medications, skin-to-skin contact, Golden Hour, delayed cord clamping, breastfeeding, first feeds, safety measures, crying, rooming in, SIDs prevention, and prevention of shaken baby
- Postpartum coping strategies for mothers, fathers, siblings and family

\*\*\* The order of topics may be modified, as needed.

Please note: you are required to attend the Class Session 1 in order to attend Class Session 2. The class series are not interchangeable.

## REGISTRATION

Please contact Nursing Administration Office at (530) 841-6285.

Please also visit our website for more information about our OB Department.





## DIRECTIONS

- Classes will be held in the Hospital Boardroom.
- Drive West on Bruce Street and park in the front entrance parking lot.
- Enter the Hospital through the front entrance and an Instructor will meet you at the Front Desk to escort you to the FMC Boardroom.