



## 2025

October 4 & 11  
November 1 & 8  
December 6 & 13

## 2026

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

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

## CHILDBIRTH EDUCATION CLASSES

### Join Us for Our Saturday Childbirth Education Series!

This two-part, half-day class is designed to empower expectant mothers and their support person with the knowledge and confidence they need for childbirth and the early days at home with the baby. Taught by experienced Obstetrical Nurses, the sessions combine expert guidance with hands-on skill-building activities, all in a supportive and welcoming environment.

### Who Should Attend:

Expectant mothers who are at least 26 weeks gestation at the time of the class are encouraged to attend. Be sure to check our calendar and reserve your spot early as space is limited! **You may bring one support coach with you to each class.**

### Time & Registration

All classes run from 10:00 a.m. to 2:00 p.m. and are held in the Hospital Boardroom (see attached map for directions). To ensure a personalized experience, each class is limited to four couples. Please register today to secure your spot.

### Attendance Requirements

Session 1 is required in order to attend Session 2. Class series are not interchangeable, so please choose only one set from the schedule.

**Each participant should select only one set of classes from our schedule.**

Fairchild Medical Center reserves the right to adjust class dates as needed to accommodate as many expectant mothers as possible.



**Refreshments will be served. Thanks to a generous donation from the Fairchild Medical Center Foundation, there is no charge for this class series.**

## 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 Ashleigh Luce at (530) 842-4121, ext 6318, email [aluce@fairchildmed.org](mailto:aluce@fairchildmed.org) or scan the QR Code to Register.

For more information about our OB Department, head to [fairchildmed.org/services/obstetrics/](https://fairchildmed.org/services/obstetrics/)





## 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.