

REGISTERING

You will be notified when your classes will start! If you have any questions regarding the content of the classes you may call Patti Crawford, Lamaze certified childbirth Educator 704-920-1262 or Carly Waller RN, BSN 704-920-1221

Cabarrus Health Alliance
1307 South Cannon Blvd
Kannapolis, NC 28083

Childbirth Education Classes

Date: _____

Name: _____

Age: _____

Address: _____

City: _____

Zip: _____

Home phone: _____

Other phone: _____

Due date: _____

Is this your first pregnancy? _____

Name of Care provider (Dr., Midwife)



Celebrating Families!!!

CHILDBIRTH EDUCATION CLASSES

The Cabarrus Health Alliance is offering a 5 week series of Childbirth Education Classes. These classes will help you to build confidence in your ability to give birth, help you to know what to expect during your labor and birth and give you the tools you need to have the positive birth experience you desire!

Classes are designed to help expectant parents and families experience childbirth with confidence!



During this fun and interactive series you will learn:

- How your body changes and your baby develops during pregnancy
- To be proactive with your health and nutrition during and after your pregnancy
- How to effectively communicate your concerns and desires regarding your birth experience with your care provider
- How to create and treasure your birth memories and recognize the tremendous impact that giving birth will have on your life and your family.
- To understand the process of labor and your body's natural ability to give birth.
- A variety of comfort measures and pain management techniques for pregnancy, labor and birth.
- The numerous and amazing benefits of breastfeeding
- How to take care of your baby and yourself after birth.

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The cost is \$80 for the series. Financial assistance may be available. If you have Medicaid your benefits will cover the cost. Please bring your card to class.

For the classes you will need to bring 2-3 pillows and a blanket, quilt or mat. It is also helpful to bring the person who will be supporting you during your birth experience. The best time for you to start classes is around the 28-30th week of pregnancy. Class enrollment is limited so please sign up early. Please fill out the information on the next page and mail it to the address given or give to a CHA clinic staff person. You may also register by phone.

M. June Clancy
704-920-1250

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