



Join Franklin County Home Health Agency's First Steps program for a thorough education of the childbearing process and care of your newborn. In addition to preparing you for labor, birthing and beyond, the informal classes foster supportive group discussions and budding friendships. Classes are held at 3 Home Health Circle, St. Albans. The childbirth classes include a tour of the Northwestern Medical Center Family Birthing Center.

Preparation for Childbirth: Six-week course / 2 evening hours per week
Information on labor, birth and care of the newborn to help you with the birthing experience.

Birth and Beyond Workshop: One Saturday / 8:30 a.m. - 4:30 p.m.
Covers labor, birth, and medications in labor, as well as relaxation & breathing techniques.

Birth and Beyond Workshop: Two consecutive Sunday's / 1:00 p.m. - 5:00 p.m.
Covers labor, birth, and medications in labor, as well as relaxation & breathing techniques.

Refresher Childbirth Class: One evening / 2 hours
Offered at the 3rd meeting of the 6-week course to review physical and emotional aspects of childbirth, relaxation and breathing techniques.

Breastfeeding Class: One evening / 2 hours
Provides a positive introduction to breastfeeding as well as access to resources and support for success. Follow-up counseling is available from Franklin County Home Health nurses.

To register*, or for more information, please call Diana at 527-7531, ext 718

Month Due 2011	6 Week Preparation for Childbirth (Monday evenings)	Saturday Birth & Beyond	Sunday Birth & Beyond	Breastfeeding Class Dates
January February	Nov 1 – Dec 5, 2010	Nov 13, 2010		Dec 13, 2010
March April	Jan 3 – Feb 7, 2011	Jan 15, 2011	Feb 6 & 13	Feb 14, 2011
May June	Feb 28 – Apr 4, 2011	Mar 5, 2011 Apr 16, 2011	March 20 & 27 April 3 & 10	Apr 11, 2011
July August	May 2 – Jun 13, 2011	May 21, 2011	June 5 & 12	Jun 20, 2011
September October	July 11 – Aug 15, 2011	July 9, 2011 Aug 13, 2011	July 24 & 31	Aug 22, 2011
November December	Aug 29 – Oct 10, 2011	Oct 1, 2011	Sept 11 & 18 Oct 16 & 23	Oct 17, 2011
January February	Nov 7 – Dec 12, 2011	Nov 12, 2011	Dec 4 & 11	Dec 19, 2011

***Pre-registration and pre-payment are required. Mastercard & Visa credit cards are accepted. Medicaid will cover class fees.**

Please register early. Occasionally, a class may need to be rescheduled due to low registration. You will be notified 7 - 10 days prior to the scheduled class date if this is necessary.