



FRANKLIN COUNTY
Home Health Agency, Inc.

FIRST STEPS CHILDBIRTH CENTER

Join our childbirth education courses to learn about 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. 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. The cost for the 6-week course is \$105. Optional breastfeeding course is additional \$15.

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. The cost for the one-day course is \$90.

Refresher Childbirth Class: One evening / 2 hours

Reviews physical and emotional aspects of childbirth, relaxation and breathing techniques. The cost for the refresher class is \$25.

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. The cost for the breastfeeding class is \$15.

Month Due	6 Week Preparation for Childbirth Class Dates (all on Monday evenings)	Saturday Birth & Beyond Class Dates	Breastfeeding Class Dates
January 2010 February 2010	Nov 2 – Dec 7, 2009	Nov 14, 2009	Dec 14, 2009
March 2010 April 2010	Jan 4 – Feb 8	Jan 16	Feb 16
May 2010 June 2010	Mar 1 – Apr 5	Mar 6 Apr 17	Apr 12
July 2010 August 2010	May 3 – Jun 14	May 22	Jun 21
September 2010 October 2010	July 12 – Aug 16	July 10 Aug 21	Aug 23
November 2010 December 2010	Aug 30 – Oct 11	Oct 2	Oct 18
January 2011 February 2011	Nov 1 – Dec 6	Nov 13	Dec 13

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

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.