



**FIRST STEPS
CHILD BIRTH CENTER**

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. The childbirth classes include a tour of the Northwestern Medical Center Family Birthing Center.

Preparation for Birth and Your Infant: 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.

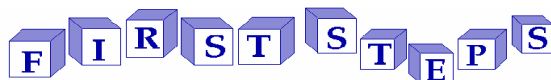
Refresher Childbirth Class: One evening / 2 hours
Reviews physical and emotional aspects of childbirth, relaxation and breathing techniques.

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

Additional Services and Offerings:
Post Partum Visits for Maternal Child Health Clients
Book & Video Lending Library
Maternal/Infant Home Visits and Follow-Up
Home Visits for Lactation Support

To register, please complete and return the following registration form along with a check for payment to: FCHHA, 3 Home Health Circle, St. Albans, VT 05478. You may call 527-7531 to pay by credit card.

View the complete Childbirth Education schedule on our website at www.fchha.org



Name: _____ Baby's Due Date: _____ Mother's Date of Birth: _____

Phone Number: _____ Cell Phone Number: _____

Address: _____ Insurance: _____

Name of Support Person: _____

Doctor or Midwife: _____

Class: Preparation for Birth & Your Infant..... \$105
 Birth & Beyond Workshop.....\$90
 Refresher class.....\$25
 Breastfeeding Class..... \$15

Please register early. Following receipt of this registration form, you will be notified when classes begin. Medicaid will cover fees. Pre-registration and pre-payment are required. Mastercard & Visa credit cards are accepted.

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3 Home Health Circle, Suite 1, St. Albans, Vermont 05478
(802) 527-7531 ~ www.fchha.org

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A Program of Franklin County Home Health Agency, Inc.
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