



CHILDBIRTH EDUCATION



FIRST STEPS CHILDBIRTH 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.



View class dates at www.fchha.org or request a schedule by calling (802) 527-7531.

Additional Services and Offerings:

- ♥ Post Partum Visits for Maternal Child Health Clients
- ♥ Maternal/Infant Home Visits and Follow-Up
- ♥ Home Visits for Lactation Support
- ♥ Medicaid and some private insurances cover the cost of home visits by a nurse



3 HOME HEALTH CIRCLE, SUITE 1
ST. ALBANS, VT 05478
WWW.FCHHA.ORG

PHONE: 802-527-7531
EMAIL: INFO@FCHHA.ORG



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PROGRAMS

Preparation for Birth and Your Infant:

6-week course
Mondays, 5:00 - 7:00 p.m.

Provides information on labor, birth and care of the newborn to help you with the birthing experience.

Includes a tour of Northwestern Medical Center's Family Birth Center.

Additional two-hour breastfeeding class available at the end of each session

Refresher Class:

One weekday evening, 2 hours
Reviews physical and emotional aspects of childbirth, relaxation and breathing techniques.

Saturday Birth and Beyond Workshop:

One Saturday
8:30 a.m. - 4:30 p.m.

The one-day workshop covers labor, birth, medications in labor and relaxation and breathing techniques.

Private, in-home Class:

Private, two-hour course in the home for one mother and her coach. The focus of this workshop will be on support of the laboring woman, with hands-on learning techniques. The instructor will contact you to set up a time that is convenient.



.Please register early and provide contact phone numbers and email so we may reach you in the event that a class needs to be rescheduled.

To register, please complete and return the following registration form along with a check for payment to:

Franklin County Home Health Agency
3 Home Health Circle, Suite 1
St. Albans, VT 05478

To pay by credit card
please call (802) 527-7531

Medicaid and some private insurances cover the cost of childbirth education.



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

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Address: _____ Insurance: _____

Class: Preparation for Birth & Your Infant.....\$105

Email: _____ Saturday Birth & Beyond Workshop.....\$.90

Support Person: _____ In-home Class.....\$.98

Doctor or Midwife: _____ Refresher class.....\$.25