



Organizational Development  
208.625.6050 tel



2003 Kootenai Health Way  
Coeur d'Alene, Idaho 83814  
kh.org

12.1.2017

## Prenatal Classes 2018



## Prepared Childbirth Class – \$40

The Prepared Childbirth class is a 10-hour course that prepares a mother-to-be and her labor coach for the delivery experience. (The labor coach can be baby's father, or whoever will be in the delivery room in the support role.) Weekday evening classes are offered in four, two-and-a-half hour sessions (6 – 8:30 p.m.).

A major focus of the class is education to prepare you and your coach for your birth experience. Other topics covered during the class are:

- Pain management strategies, medical and non-medical
- Fetal monitoring
- Stages of labor
- Cesarean delivery and possible complications

A tour of Kootenai Health's Birthing Center will also be featured.

Please bring two bed pillows for use during the labor exercises. Dress comfortably.

## Bringing Baby Home – \$15

Basic newborn care is the main focus of the Bringing Baby Home class. This three-hour course helps new moms and dads learn about a baby's needs.

Information will be provided on:

- The immediate postpartum period and care of the mother
- Coping with a fussy baby
- Infant massage and bonding
- Feeding, infant health and safety
- Safe sleep practices (SIDS prevention)

Please bring a doll or teddy bear and a baby blanket.

## Breastfeeding Basics – \$15

Those who attend the Breastfeeding Basics will not only learn the basics, but also tips on how to initiate breastfeeding and continue the process. During the two-hour class we will also give helpful information for mothers who return to work but wish to continue to breastfeed. Solutions to common problems will be provided. This class provides significantly more information than will be provided during your hospital stay.

Baby's father is strongly encouraged to attend.

Please bring a bed pillow to class to practice breastfeeding positioning.

## Free Birthing Center Tour

Tours of the Kootenai Health Birthing Center are available for couples who are not attending Prepared Childbirth classes.

## Important Class Information

In order to accommodate as many expectant parents as possible and provide a more relevant and enjoyable experience, we ask that you be in about your 30th week of pregnancy at the start of classes (we realize there may be some exceptions).

## Registration Information

Because class sizes are limited, please register early. For more information or to register, please use one of the following methods:

**Online:** kh.org

**Email:** khclassregistration@kh.org

**Mail:** Complete the registration form, detach and mail with payment to:

**Kootenai Health  
Organizational Development  
2003 Kootenai Health Way  
Coeur d'Alene, ID 83814**

If you have further questions, call 208.625.6050

## Prenatal Class Registration Form

Mother's name \_\_\_\_\_ Due date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

Mother's telephone number \_\_\_\_\_

Mother's e-mail address \_\_\_\_\_

Labor coach's name \_\_\_\_\_

### Please register me for the following classes:

Class	Start Date	Cost
<b>Prepared Childbirth Class</b> (Labor and Delivery Instruction)		<b>\$40</b>
<b>Bringing Baby Home</b> (Care for Newborn)		<b>\$15</b>
<b>Breastfeeding Basics</b>		<b>\$15</b>

Total Cost \$ \_\_\_\_\_

### Payment must accompany registration.

Please make checks payable to Kootenai Health and indicate on your check that it is for childbirth classes. Include your check with this form and mail to:

**Kootenai Health  
Organizational Development  
2003 Kootenai Health Way  
Coeur d'Alene, ID 83814**

**For more information call 208.625.6050 or  
email: khclassregistration@kh.org**

Trim off this portion and mail in your registration

