

Childbirth education is an important part of every pregnancy, not just your first. Marshfield Medical Center-Beaver Dam offers small classes taught by our specially-trained and experienced childbirth educators to help you prepare for labor and childbirth. Pre-registration for prenatal classes is required. We suggest that you choose the Preparing for Childbirth class closest to your eighth month of pregnancy.

### **Preparing for Childbirth**

Our experienced childbirth educators will teach you and your support person ways to enhance your comfort and decision making during your hospital stay. The class covers the labor and delivery process, relaxation and pain management techniques for a healthy and comfortable birthing experience, physical and behavioral characteristics of your newborn, infant feeding choices, cord care and measures you can take to ensure your family's health and safety.

**Classes:** Mondays from 6 - 8:30 p.m.

- January 4, 11
- February 1, 8
- March 1, 8
- April 5, 12
- May 3, 10
- June 7, 14
- July - no classes
- August 2, 9
- September 12, 27
- October 11, 18
- November 1, 8
- December 6, 13

**Fee:** \$45 for mom and support person for two class sessions. Limit - six couples per class.

Call 920-887-4007 to reserve your space before sending in the registration form.

### **Breastfeeding Class**

Our International Board Certified Lactation Consultant (IBCLC) will share information to help you and your baby get the best start for breastfeeding. Topics include:

- Benefits of breastfeeding
- Babies instinctive behavior's after birth
- How to position and latch
- What to expect the early days and beyond

- Early skin-to-skin contact between mom and baby and its effect on breastfeeding
- Some early challenges with breastfeeding
- What to do if baby doesn't latch
- And more

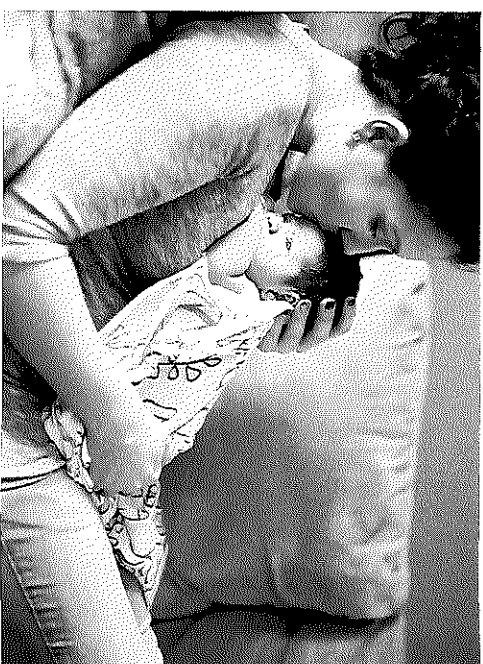
Since all moms and babies are different, moms are given information and encouraged to do what works best for them with on-going support from our Lactation Consultant team.

**Classes:** Mondays from 6 - 8 p.m. in Conference Room A&B

- January 18
- February 15
- March 22
- April 19
- May 17
- June 21
- July 19
- August 16
- September 20
- October 4
- November 15
- December 20

**Fee:** \$10 for mom and support person per class.

Outpatient lactation visits are available free of charge after discharge. Call the Lactation Office at 920-887-4021 to make an appointment.



### **Prenatal and Postpartum Massage**

This massage is a great way to nurture an expecting mother or a new mother. Massage helps the mother relax and relieves low back pain or tight muscles in the neck and shoulders. It can also help with edema (swelling) and leg pains.

Massage for expectant mothers is provided by a therapist who is trained in pre- and peri-natal massage.

**Cost:** \$35 for 30 minutes and \$55 for 60 minutes.

Gift certificates are available.

Massage is done at Marshfield Medical Center-Beaver Dam rehabilitation at 803 S University Ave., Beaver Dam. Please call 920-887-4039 to schedule an appointment.

## Registration

Pre-registration is required. Please send this form with your registration fee payable to Marshfield Medical Center-Beaver Dam.

Marshfield Medical Center-Beaver Dam  
OB/Women's Health Inpatient Unit  
707 South University Ave  
Beaver Dam, WI 53916

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Physician: \_\_\_\_\_

Hospital: \_\_\_\_\_

Due date: \_\_\_\_\_

Support person: \_\_\_\_\_

Relationship: \_\_\_\_\_

Number of children you have had: \_\_\_\_\_

Indicate dates in classes you will be attending:

Preparing for Childbirth (\$45)

Date: \_\_\_\_\_

Class limit is six couples. Please call 920-887-4007 first to reserve.

Breastfeeding Class (\$10)


Date: \_\_\_\_\_

Total Enclosed: \_\_\_\_\_

## 2021 Childbirth Education Classes

Marshfield Medical Center-Beaver Dam  
OB/Women's Health Inpatient Unit



 Marshfield Clinic  
Health System

[marshfieldclinic.org](http://marshfieldclinic.org)

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Marshfield Clinic Health System