



Howard
Regional Health System

Prenatal Classes

**Classes are for expectant
moms, dads, partners,
grandparents and other
family members.**

Prenatal Classes

Childbirth classes are a place to ask questions, gather information and socialize with other new moms and their families. Things you will learn by attending a Howard Regional prenatal class include:

- How to make pregnancy more comfortable.
- Answers to common questions and information about concerns.
- Stages of prenatal development.
- Danger signals in pregnancy.
- Learn about premature labor and how to prevent it.
- Learn how to involve your family in your pregnancy and birth.
- How to tell if you're experiencing labor.
- What to expect during labor and birth.
- How to care for your new baby.
- The benefits of breastfeeding and how to get started.

Classes are not just for expectant moms — dads, partners, grandparents and other family members are welcome, too!

Prenatal classes fill quickly, so please register in advance to have the best chance at getting the class of your choice. All courses are instructed by Registered Nurses. For more information or to register, please call our Centralized Scheduling Department at 765-864-8929 or toll free 1-866-864-8929. Prenatal classes are free if your baby is born at Howard Regional Health System. For parents who choose to have their baby at another hospital, the fee is \$25.00.

Prenatal Class

Weekday Sessions — 1st, 2nd and 3rd Tuesday of each month, 5:30-8:30 p.m.

These sessions last 2-3 hours each. You and your coach will learn fetal development, comfort measures, breathing and relaxation techniques, stages of labor

and delivery, postpartum and infant care, and tour the beautiful Howard Regional Birthing Center.

Location: Education Classroom

Prenatal "Saturday Blitz"

Weekend Session — One Day "Saturday Blitz"

This class is one day only, the first Saturday of every month, from 9:00 a.m. to 4:00 p.m. There is a one-hour lunch break, on your own. You and your coach will learn fetal development, comfort measures, breathing and relaxation techniques, stages of labor and delivery, postpartum and infant care, and tour the beautiful Howard Regional Birthing Center.

Location: Education Classroom

Breastfeeding Class

Weekday Session — 3rd Wednesday

This class is one day only, meeting for 1 1/2 hours on the third Wednesday of every month from 6:00 p.m. until 7:30 p.m. Great for first time moms or as a refresher course! Breastfeeding is the natural way to feed your baby, but sometimes it takes patience and practice. Learn the benefits to mom and baby, the "Latch On" and what to expect for the first two weeks. Coaches are strongly encouraged to attend.

Location: Education Classroom

Prenatal Refresher

Weekday Session — 2nd Tuesday of each month

This class is one day only the second Tuesday night of every month from 5:30 p.m. until 8:30 p.m. This class provides encouragement, reminders on breathing techniques and pain control.

Location: Education Classroom

Friends & Family CPR

We assist parents and caregivers in basic life support and choking techniques for the infant, child, and adult. This class is affiliated with the American Heart Association and is free. Call 765-864-8747 for more information.

Location: Education Classroom

Sibling Class

Weekend Session — 1st Saturday

This class is one day only on the first Saturday of every month from 4:00 p.m. until 4:45 PM. Bringing a new baby home is a real adjustment for older children. This class offers discussion time, a movie with a snack, and a tour of the Birthing Center. Recommended for ages 3 –10 years and must be accompanied by a parent.

Location: Education Classroom

Maternal Fitness Class

Tuesdays 4:30 – 5:30 p.m.

This class is designed for prenatal and postpartum women. It incorporates mild cardio and flexibility exercises to help maintain a balanced level of fitness for every stage of pregnancy as well as teach safety techniques and modifications that can be used outside of class. \$36 for a six-week class.

Location: Kokomo Sports Center, 111 W Southway Boulevard 765-455-0167

Directions to classroom locations:

To get to the Education Classroom, please use the South Entrance of the hospital, and take elevators down to basement. The Classroom is across the hall.



Howard
Regional Health System

Treating You Well.®

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