

Labor of Love

Childbirth Education | Registration Form

- Complete Prepared Childbirth Education, 7 week program every Tuesday from 6:30 to 9:30PM Human Resources Building, Conference Room 1 and 2 **\$225.00 per couple**

Week 1: Introduction, Communication, Exercise, Pregnancy Tips

Week 2: Stages of Labor, Relaxation Techniques, Breathing Techniques

Week 3: Active Labor, Transition, Pushing, Epidurals

Week 4: Cesarean Section, Newborn Appearance and Newborn Care, Post Partum Care

Week 5: Transition to Parenthood, with Dr. Diana Barnes

Week 6: Infant/Child Safety and CPR

Week 7: Breastfeeding, Pumping, Milk Supply – all of the basics to get you started.

If you are interested in attending only one or selected sessions, please circle your choices above. The cost of each session is \$35.00 per person.

Saturday classes are also available once a month from 9 a.m. to 5 p.m. This is an exclusive one-time class that covers Week 1-4 of the 7-week session. The cost is \$150 per couple. (Saturday classes do not include Transition to Parenthood, Breastfeeding or Infant/Child CPR. These classes may be taken separately for an additional cost.)

Parent(s) Name: _____ Date of class: _____

Home Phone: _____ Daytime Phone: _____

Street Address: _____ City: _____ Zip: _____

Email Address: _____

Estimated Due Date: _____ Doctor: _____

Check payable to: *Henry Mayo Newhall Memorial Hospital* *Check No.* _____

Mail completed form with payment to: Childbirth Education, Women's Services Unit, Henry Mayo Newhall Memorial Hospital, 23845 McBean Pkwy, Valencia, CA 91355 or FAX to: 661-253-8599.

E-mail confirmation of registration will be sent upon receipt of payment.

Classes fill quickly. Registration form and payment need to be received at least one week prior to start of class. You are registered in a class only when this form and your payment have been received. A refund will be made to the participant if notification of cancellation is received no later than seven days prior to class date, minus a \$20 re-processing fee. There will be no refunds after that date. A full refund will be mailed to participants who are registered for a course if cancelled by the Childbirth Education Department. Call (661) 253-8607 for further questions.



HENRY MAYO NEWHALL
Memorial Hospital

caring. commitment. community.

For more information, please call us at: 661-253-8607.