



PREPARED CHILDBIRTH CLASSES



LIFE : HEALING : PEACE

Family Birth Center
2865 Daggett Avenue
Klamath Falls, OR 97601

541-882-6311 Hospital, Main
541-274-6620 Family Birth Center

SkyLakes.org



PREPARED CHILDBIRTH

Sky Lakes Family Birth Center offers a six-week comprehensive class that prepares new moms and dads for the end of their pregnancy, early labor, active labor, transition, pushing, and medical complications such as Cesarean sections. Also covered in the class are postpartum and newborn care, including breast feeding.

Each class lasts 2 ½ hours every week, running from 6:30-9 p.m.

The series is provided at no-charge as a service of Sky Lakes Family Birth Center.

They repeat throughout the year so parents to-be can take advantage of the information between the weeks 28 and 32 of pregnancy.

The classes prepare the mother-to-be and teach and encourage the coach with techniques to help them through the journey of child birth.

Class One is an introduction to your pregnancy at this time. Topics include common discomforts and exercises you can do at home.

Class Two discusses when to come to the hospital. You'll learn about contractions, and what behavior the mother-to-be may exhibit in the first two phases (early and active labor) of the first stage of labor. Breathing techniques and their importance are also covered.

Class Three reviews the second class and continues with phase three (transitional labor) and Stage 2 (pushing). Medical complications, pain control and induction of labor are among the topics.

Class Four covers postpartum care and what will happen after you deliver. We also discuss Cesarean section deliveries, when they are necessary and why, as well as what to bring to the hospital for your delivery. A tour of the hospital and Family Birth Center are highlights of this class. We also review the medical center's safety and security policies and consents to care while at Sky Lakes.

Class Five is all about your new baby.

Class Six is a two-hour focus on breast feeding. These classes will be with a certified lactation specialist at Sky Lakes Lactation Services, 2421 Washburn Way, Suite F.

To enroll in childbirth classes, visit SkyLakes.org/Family-Birth-Center, or call Sky Lakes Community Education Center, 541-274-6284, weekdays 8 a.m. to 4 p.m. For breastfeeding support, call 541-274-6201.

