



Perinatal Education

CLASSES

Mon Health Medical Center's Perinatal Education program welcomes parents and other family members with the opportunity to prepare for a new baby in the family. There is a modest fee for each class.

- **Labor and Birth Classes** offer expectant parents information and coping tools for dealing with late pregnancy, labor, delivery and the early postpartum period. As part of this class, the mother and her partner will tour the Hazel Ruby McQuain Family Birth Center.

- **Infant/Child CPR Class** is the American Heart Association class for family and friends.

- **Baby Basics Class** introduces parents to the world of newborns. Grandparents enjoy attending this class to "update" their knowledge and refresh their memories on caring for newborns. Topics include bathing, diapering, car safety, feeding, clothing and comforting babies.

- **Sibling Class** is a family-centered time to include the entire family in getting ready for the baby. "Big kids" get a tour of the Birth Center, treats and a video presentation about the emotions siblings experience when a new baby comes to live in their house.

- **Breastfeeding Class** is a one-time class that focuses on the practical approach to beginning breastfeeding. A major focus is learning what a good latch-on looks like, how to tell if your baby is getting enough milk, and pumping milk/returning to work.

To view our perinatal class schedule and register online, visit monhealth.com/perinataleducation or call **304-598-1484**.

Please talk to your provider to schedule a Birth Center tour.

If you need financial assistance to attend a perinatal education class, please complete the Stork Fund Application, which you can find at monhealth.com/perinataleducation.