

UNDERSTANDING BIRTH CLASSES

Choose the class that best meets your needs

In this class, you will learn all about the birth process and medical procedures. It is recommended that you register for a childbirth education class approximately eight weeks before your due date. Call (218) 333-5578 for details.

Both classes cover the following topics:

- Stages of labor and birth
- Coaching mom through labor and delivery
- Coping with contractions and use of relaxation techniques
- Options for controlling pain during labor
- Cesarean birth
- Newborn care and what to expect once you get home

Childbirth Education Classes

Experienced labor and delivery nurses will provide information about what to expect during childbirth. Located at Sanford Bemidji Medical Center, 1300 Anne Street NW, Bemidji.

Cost: \$25 (Includes a hospital tour)

To register for the classroom course online, go to:

sanfordhealth.org

Keywords: Bemidji childbirth

Monday and Tuesday, 6-8 p.m.

February 4, 5

April 1, 2

June 3, 4

August 5, 6

October 7, 8

December 2, 3

Saturday, 9 a.m.-3 p.m.

January 12

March 16

May 18

July 20

September 21

November 9

Childbirth Education eClasses

Understanding Birth eClass offers 24/7 access to learn more about the childbirth experience in the comfort of your own home. Simply log in with your unique password. The online version includes videos and interactive activities.

Cost: \$25 (Includes a hospital tour)

To register for the online course, go to:

sanfordhealth.org

Keywords: Bemidji childbirth eClass

Breastfeeding/Newborn Care Class

This class will cover:

- Newborn baby care
- Signs of post-partum depression and available resources
- Information about breastfeeding
- Self-care during the post-partum period
- When to call your doctor

Thursday, 6-8 p.m.

January 17

February 7

March 21

April 4

May 23

June 6

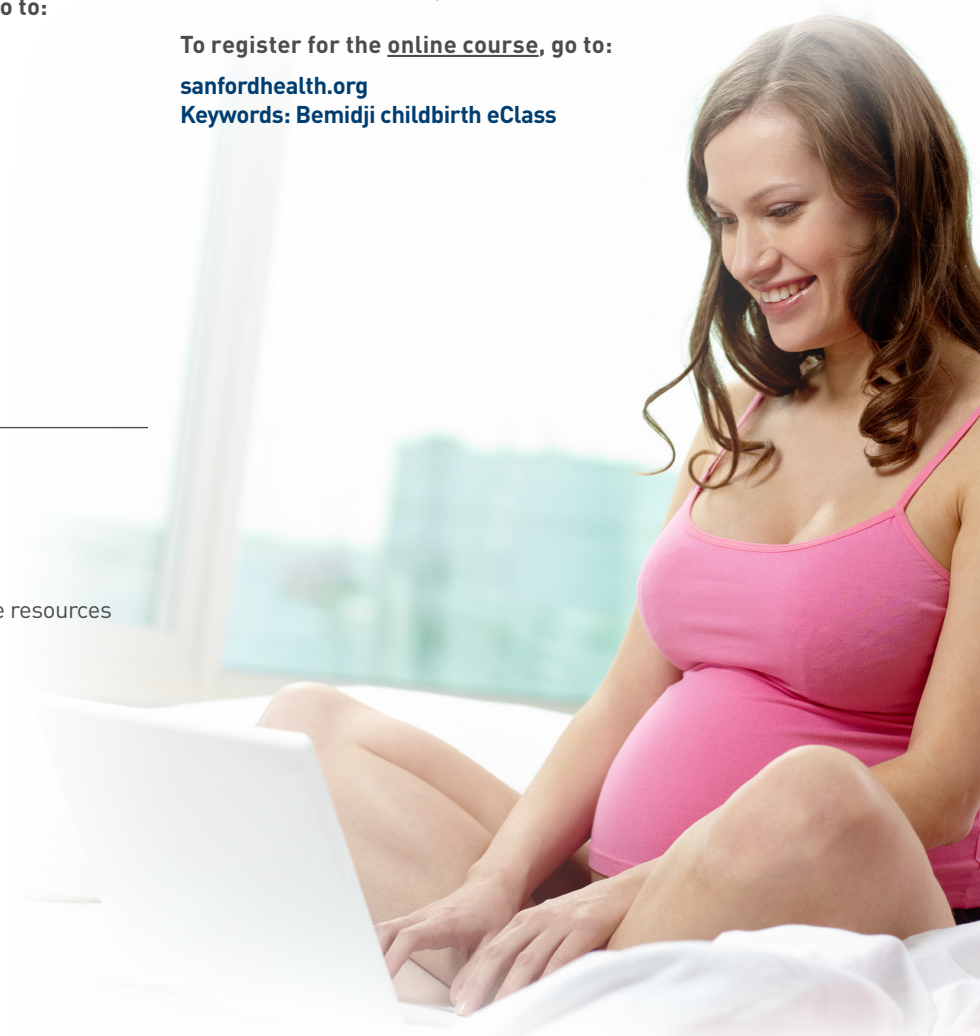
July 25

August 8

September 26

October 10

November 14



BE STRONG. BE HEALTHY. BE YOU.

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WOMEN'S