

# Jones Memorial Hospital Women's Health Services 2016 Childbirth Education Schedule

## CHILDBIRTH CLASSES

**E**xpectant mothers and their support person attend these classes together to prepare for the birth of their child. All aspects of pregnancy and childbirth are covered, including nutrition, exercise, body changes, labor, birth, pain management, Cesarean birth, and postpartum adjustment. Essential information about newborn care (nutrition and safety) is also included.



## CHILDBIRTH CLASSES

**Tuesdays, 6 to 8:30 pm**

**A five week series, the classes start:** February 2, May 3, August 2, November 1.

## BREASTFEEDING BASICS

**B**reastfeeding is a learned skill. Preparation is essential. This one-evening class will prepare you to get off to the best possible breastfeeding start. Because the support of fathers, grandparents, and

## BREASTFEEDING BASICS

**Tuesdays, 6 to 8 PM**

**A one-day class held on**

**March 8, June 7, September 6, and December 6.**



**Call (585) 596-2044  
for information & registration.**