

# CHILDBIRTH AND FAMILY EDUCATION

## Class Schedule for 2019

**Laura Tritle & Lauren Cox**

Simply Birth and Prenatal Education

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[DRMCBIRTH@imail.org](mailto:DRMCBIRTH@imail.org)

## REGISTER FOR CLASSES

To register for classes, go to [dixieregional.org/prenataleducation](http://dixieregional.org/prenataleducation) to pay with credit card

Please email us at [DRMCbirth@imail.org](mailto:DRMCbirth@imail.org) to pay with cash or check

## CLASSROOM LOCATION

The prenatal education classroom is located between the Bistro and Women's Clinics on the first floor of the new Women & Newborns Center in the North Tower. The closest parking is Pink Parking, located in front of the Women's Clinics, designated as Building #1. Please allow 10 extra minutes for way-finding.

## SIMPLY BIRTH

To learn about our Simply Birth program or apply for Simply Birth, go to: [dixieregional.org/simplybirth](http://dixieregional.org/simplybirth)

All class fees are waived for Simply Birth applicants

Please register for classes via [DRMCBIRTH@imail.org](mailto:DRMCBIRTH@imail.org) to ensure that your fees are waived

## SCHOLARSHIPS

Scholarships are available for financial hardship

To apply for a scholarship, go to [dixieregional.org/scholarship](http://dixieregional.org/scholarship)

*Please do not apply for a scholarship AND Simply Birth. Class fees are waived for Simply Birth applicants.*

## UNDERSTANDING PREGNANCY

Offered every other month on a Thursday from 7:00-9:00 pm and is **COMPLIMENTARY**. This class gives a basic overview of what to expect during pregnancy and is recommended for all women trying to get pregnant through the 2nd trimester.

January 10 <sup>th</sup>	July 11 <sup>th</sup>
March 14 <sup>th</sup>	September 12 <sup>th</sup>
May 9 <sup>th</sup>	November 14 <sup>th</sup>

## UNDERSTANDING BIRTH AND LOW INTERVENTION TECHNIQUES (COMFORT)

Offered monthly on a Saturday from 9:00 am-5:00 pm and the **class fee is \$50**. This class gives a comprehensive overview of what to expect during childbirth and teaches breathing, massage and comfort measures in labor with a hands-on approach. It is recommended in the 2nd or 3rd trimester for all women.

January 19 <sup>th</sup>	April 6 <sup>th</sup>	July 20 <sup>th</sup>	October 19 <sup>th</sup>
February 16 <sup>th</sup>	May 18 <sup>th</sup>	August 17 <sup>th</sup>	November 9 <sup>th</sup>
March 16 <sup>th</sup>	June 15 <sup>th</sup>	September 21 <sup>st</sup>	December 14 <sup>th</sup>

## SIBLING CLASS

Big brothers and big sisters are invited to attend this one-hour class designed to prepare them for their important new family role. Children must be accompanied by an adult. This class is scheduled on an individual basis and is **COMPLIMENTARY**. Call or text Mateia Petrone to register: Cell 801-319-7762

## BREASTFEEDING ESSENTIALS-NEW!!!

Offered monthly on a Thursday from 6:00-8:00 pm and is **COMPLIMENTARY**. This class builds confidence, skills and abilities to ensure a great start with breastfeeding. Covers going back to work, pumping and solving common problems. Taught by a certified lactation consultant. It is recommended in the 2nd or 3rd trimester for all women.

January 3 <sup>rd</sup>	<del>April 4<sup>th</sup></del> CANCELLED	July 18 <sup>th</sup>	October 3 <sup>rd</sup>
February 7 <sup>th</sup>	May 2 <sup>nd</sup>	August 1 <sup>st</sup>	November 7 <sup>th</sup>
March 7 <sup>th</sup>	June 6 <sup>th</sup>	September 5 <sup>th</sup>	December 5 <sup>th</sup>

#### **HYPNOBIRTHING® (THE MONGAN METHOD)**

Each session is taught for 6 Wednesday evenings from 5:30-8:00 pm and *the class fee is \$250*. This comprehensive course teaches you how to have a calm, more comfortable labor and birth.

Session 1: January 9 <sup>th</sup> – February 6 <sup>th</sup>	Session 5: June 26 <sup>th</sup> – July 31 <sup>st</sup>
Session 2: February 20 <sup>th</sup> – March 20 <sup>th</sup>	Session 6: August 7 <sup>th</sup> – September 4 <sup>th</sup>
Session 3: April 3 <sup>rd</sup> – May 1 <sup>st</sup>	Session 7: September 18 <sup>th</sup> – October 16 <sup>th</sup>
Session 4: May 15 <sup>th</sup> – June 12 <sup>th</sup>	Session 8: October 30 <sup>th</sup> – November 27 <sup>th</sup>

#### **INTRODUCTION TO SIMPLY BIRTH – LOW INTERVENTION CHILDBIRTH TECHNIQUES**

**Introduction to Simply Birth** is taught monthly on a Tuesday from 5:00-6:00 pm. This class reviews the Simply Birth policies and is required for all applicants.

**Low Intervention Childbirth Techniques** follows from 6:00-9:00pm. This class offers an overview of the latest breathing and relaxation techniques. These classes are **COMPLIMENTARY**.

January 22 <sup>nd</sup>	April 23 <sup>rd</sup>	July 23 <sup>rd</sup>	October 22 <sup>nd</sup>
February 26 <sup>th</sup>	May 28 <sup>th</sup>	August 27 <sup>th</sup>	November 26 <sup>th</sup>
March 26 <sup>th</sup>	June 25 <sup>th</sup>	September 24 <sup>th</sup>	December 17 <sup>th</sup>

#### **CARING FOR YOURSELF & YOUR BABY & BASIC BREASTFEEDING**

This class is taught monthly on a Tuesday from 6:00-9:00 pm and the *class fee is \$15.00*. The class covers what to expect in the early postpartum and newborn period as well as an introduction to breastfeeding. It is recommended in 2nd or 3rd trimester.

January 15 <sup>th</sup>	April 16 <sup>th</sup>	July 16 <sup>th</sup>	October 15 <sup>th</sup>
February 19 <sup>th</sup>	May 21 <sup>st</sup>	August 20 <sup>th</sup>	November 19 <sup>th</sup>
March 19 <sup>th</sup>	June 18 <sup>th</sup>	September 17 <sup>th</sup>	December 3 <sup>rd</sup>

#### **INFANT AND CHILD SAFETY/BOOT CAMP FOR DADS**

This class is taught monthly on a Tuesday from 6:00–9:00pm and is **COMPLIMENTARY**.

**Infant and Child Safety** covers Infant CPR and choking, baby-proofing your home, fire safety, poison control, and preparing for emergencies.

**Boot Camp for Dads** helps prepare men for fatherhood with discussion and hands-on activities.

January 8 <sup>th</sup>	April 2 <sup>nd</sup>	July 2 <sup>nd</sup>	October 1 <sup>st</sup>
February 5 <sup>th</sup>	May 7 <sup>th</sup>	August 6 <sup>th</sup>	November 5 <sup>th</sup>
March 5 <sup>th</sup>	June 4 <sup>th</sup>	September 3 <sup>rd</sup>	No December Class

