



Hendricks
Regional Health

CHILDBIRTH CENTER CLASSES

Hendricks Regional Health wants your *Baby Journey* to be an experience you enjoy and treasure. We offer a variety of classes to help you during **pregnancy, birth & beyond.**

CHILDBIRTH CENTER TOURS

AVAILABLE ANYTIME DURING PREGNANCY

Walking tours of our Childbirth Center at Hendricks Regional in Danville are available for expecting parents and birth partners. The tour introduces our Labor & Delivery Suites and postpartum amenities for a more comfortable birthing experience. Tours are 20 to 30 minutes long with time for questions and can be scheduled at a time convenient for you.

Call **317-718-4585** or email kflora@hendricks.org

- FREE

HEALTHY BEGINNINGS TALKS

AVAILABLE QUARTERLY; ATTEND ANYTIME

Eating right and exercising are some of the best things you can do to have a healthy pregnancy and baby. Find out the answers to your questions, what you can do, and the resources we have to help you at Hendricks Regional Health. Come to a short talk on all things exercise and nutrition in pregnancy. This talk rotates locations in Hendricks County and happens 4 times a year.

- FREE

All classes require registration online.

For upcoming dates and times visit:

HENDRICKS.ORG/CREG



LABOR CLASS

TAKE BETWEEN 28 TO 36 WEEKS

For all parents who want an interactive class to learn about and prepare for childbirth. Topics include: the stages of labor, pain management, medications, labor positions, delivery methods and a tour of the Childbirth Center. This is a 3 hour class, taught by a Childbirth Center RN on a Saturday morning or weekday evening.

- \$30.00/couple

BREASTFEEDING CLASS

TAKE BETWEEN 28 TO 36 WEEKS

This class offers breastfeeding information from a Certified Lactation Consultant. Topics include: benefits for mom & baby, positioning, hunger cues, what a good latch looks & feels like and a tour of the Childbirth Center. Partners are encouraged to attend. It is 2 hours long, and is offered once a month.

- \$30.00/couple

If you have questions, contact our Perinatal Patient Educator
Kimberly Flora // 317-718-4585 // kflora@hendricks.org



4th TRIMESTER: Taking Care of Mom & Baby*

TAKE IN 3RD TRIMESTER

Learn what to expect and how to care for both mom and baby following pregnancy and delivery. This is a 90 minute class. Topics include: infant feeding & diapering, parenting, safe sleep, nutrition and self-care for mom. It includes discussion, video, hands on experience, taught by a Childbirth Center RN. It can be taken with the pumping class, directly following it. - \$20.00/couple

PUMPING*

TAKE IN 3RD TRIMESTER OR POSTPARTUM

Want to know more about your breast-pump? This is a one hour class that focuses on how to use your breast pump, how to prepare for returning back to work when breastfeeding, what to expect, and how to troubleshoot possible problems for yourself and your baby. This class is directly following the 4th Trimester class and can be combined with that class for a reduced fee. - \$20.00/couple

***4th TRIMESTER & PUMPING CLASS COMBINED \$30.00/couple**

BODY MECHANICS CLASS

TAKE ANYTIME - AVAILABLE QUARTERLY

Taught by a Physical Therapist from Hendricks Regional Health, this class is for anyone that is pregnant or has been pregnant in the last year. It has information on exercising effectively, improving posture, increasing core strength, managing pain during and after pregnancy, pregnancy recovery strategies, and pelvic floor health. Partners are welcome. - FREE

SIBLING PREPARATION CLASS (2 years old & Up)

AVAILABLE EVERY OTHER MONTH

For children that will be welcoming a new baby into their home, this class will help them know what to expect. It includes the 'Super Siblings' video, discussion and a craft. Children should bring a stuffed animal or doll with them to practice with. It is offered every other month, is 2 hours long in the evening and is taught by an RN from our Pediatric Unit. - \$20.00/family

CPR HEARTSAVER COURSE

This American Heart Association course should be taken by those not in the healthcare profession who want to be **certified** in CPR. This course will include a combination of adult and pediatric skills, including relief of choking. AED instruction will also be included. A two-year certification will be received upon successful completion. Registration is required & fee includes course book. - \$50.00/person

QUIT NOW – Smoking/Vaping Cessation Program



Quitting smoking/vaping is the most important thing you can do for your health and the health of your baby. The Quit Now Program is a free program for anyone interested in quitting, with expanded services for pregnant women. Visit <https://www.quitnowindiana.com/pregnant> OR Call 1.800.QUIT.NOW - FREE

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