

## Childbirth Class

Pregnancy is an exciting and joyful time, with some fear of the unknown. This class helps you understand the process of labor & delivery and prepare you for your baby. It is designed for the first-time parent or experienced parents interested in a review of the childbirth process.

### **4 Hour Class Includes:**

- Discomforts of pregnancy & body mechanics
  - Breathing exercises
    - Relaxation
    - Stages of Labor
  - Comfort measures
  - Pain management
  - Cesarean delivery
  - Postpartum care
- Newborn Procedures



## Breastfeeding & Newborn Care

Breastfeeding is one of the most natural experiences, but often there is a desire and need for instruction. Breastfeeding class is approximately 2 hours long and will provide breastfeeding basics and helpful hints as well as newborn care.

Classes are recommended in the 3<sup>rd</sup> Trimester  
Contact: Sarah Moyer to register @ 716-376-2251  
Class Cost \$50/couple