

Pathways To Parenthood

Pre-registration must be completed one week prior to the class.

There is no charge to participate in this educational opportunity.

2019 Childbirth Preparation Courses

Lake Region Healthcare offers six 6-hour Saturday or Sunday classes throughout the year designed for expectant mothers and their partner or coach to learn about pregnancy, labor, delivery, care of newborns, and care of self after delivery. The course covers signs of labor, symptoms of pre-term labor, cesarean birth, hospital policies and routines, relaxation, breathing and coping strategies, pain control and anesthesia options, and more. The class meets from 9am to 4pm with a one hour lunch break (on your own).

Pre-registration required one week prior to class.

There is no charge to participate in this educational opportunity. No registration required upon arrival.

**Sun, January 20 • Sun, March 3
Sun, May 19 • Sat, August 10
Sat, October 12 • Sat, December 14**

**All classes are held in Lower Level
Hospital Conference Rooms A&B.**

2019 Childbirth Refresher Courses

A single 3-hour class designed for the expectant mother and her partner or coach who has experienced childbirth or has attended a childbirth class with a previous pregnancy. This class is ideal for parents new to the area who have experienced childbirth and would like information on our facility. The class meets from **7 pm to 10 pm in LLCR - A&B.**

**Pre-registration required
one week prior to class.**

**January 22 • April 2 (LLCR - C&D)
August 6 • November 5**

***There is no charge to participate in this educational opportunity.
No registration required upon arrival.***

2019 Breast Feeding Courses

A single 2-hour breastfeeding class designed to teach the benefits, basics and troubleshooting of breastfeeding. The class will be taught by a certified Lactation Educator.

This class meets from **7 pm to 9 pm in LLCR- A&B.**

Pre-registration required one week prior to class.

There is no charge to participate in this educational opportunity. No registration required upon arrival.

January 9 • March 13 • May 8 • July 10 • September 11 • November 13

**For more information & registrations, call Lake Region Hospital at 736-8283,
toll free at 800 439-6424 or sign up online at www.lrhc.org.**



**Lake Region
HEALTHCARE**

Vision. Integrity. Award winning care.

www.lrhc.org

Women's & Children's Health Center

(218) 736-8283 712 Cascade St. S. • Fergus Falls, MN 56537

The Sibling Class

Registration must be completed one week prior to the class.

There is no charge for this educational class.



Sibling Preparation Course

The Women's & Children's Health Center at Lake Region Healthcare offers a 1-hour class for expectant brothers and sisters and their parent(s). During the class siblings will learn and practice with a newborn doll how to change diapers, how to handle and how to hold a newborn baby. We also discuss their feelings about the new family addition and take a tour of the Women's & Children's Health Center .

The class is appropriate for children 3 to 10 years of age and meets Wednesday evenings, starting at 6 pm. Class size limited to 12 children. Pre-registration one week in advance is necessary.

2019 Sibling Classes

February 6 - Medical Staff Meeting Room (Ground Floor)

May 1 - Medical Staff Meeting Room (Ground Floor)

August 7 - Medical Staff Meeting Room (Ground Floor)

November 6 - Medical Staff Meeting Room (Ground Floor)

6:00 – 7:00 pm

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