

# The Women's Center – Free Childbirth Education

Having a baby is a special experience. New parents, and even experienced ones, may find the addition of a new family member overwhelming. Our classes are designed to prepare you and your spouse or support person for what lies ahead and to answer your questions. All childbirth classes are taught by a registered nurse who is certified by the International Childbirth Education Association (ICEA), and our breastfeeding classes are taught by our own certified lactation consultant.

## Path to Parenthood

Our Path to Parenthood class is for women who are hoping to become pregnant, or who are in the early months of pregnancy to learn the essentials for having a healthy pregnancy. During the class, you will hear about the importance of vaccinations, nutritional supplements, diet and other lifestyle factors that contribute to good fetal and maternal health. Anyone considering pregnancy is welcome to attend this class. The class is offered the second Saturday of each month from 9 a.m. to 11 a.m.

## Labor of Love

Our Labor of Love class prepares parents-to-be for labor, delivery and newborn care. You'll learn about the signs of labor, the normal progress of labor and birth, techniques for coping with pain, and how your partner can assist you during labor. We will also discuss admission procedures, interventions, complications, including C-sections, and information about choices available so mothers-to-be can make informed decisions. We will also provide a tour of The Women's Center. We encourage our mothers-to-be and their spouse or support person to attend this class during the seventh or eighth month of pregnancy. This four-week class series begins on the first Monday of every month and takes place from 6:30 p.m. - 9 p.m.

## The Art of Breastfeeding

Our breastfeeding program at Sumner Regional Medical Center is designed to help you achieve a great nursing experience right from the start, and our Art of Breastfeeding class teaches you the benefits of breastfeeding, techniques and tips to have a successful breastfeeding experience right from the start. We encourage our mothers-to-be and their spouse or support person to attend this class during the seventh or eighth month of pregnancy. This class is offered the 4th Tuesday of every month at 6:30 p.m.

Please call 615.328.4123 for more information, to register for a class or to schedule a tour of the new Women's Center at Sumner Regional Medical Center. You can also learn more or register for classes online at: [www.MySumnerMedical.com](http://www.MySumnerMedical.com).

