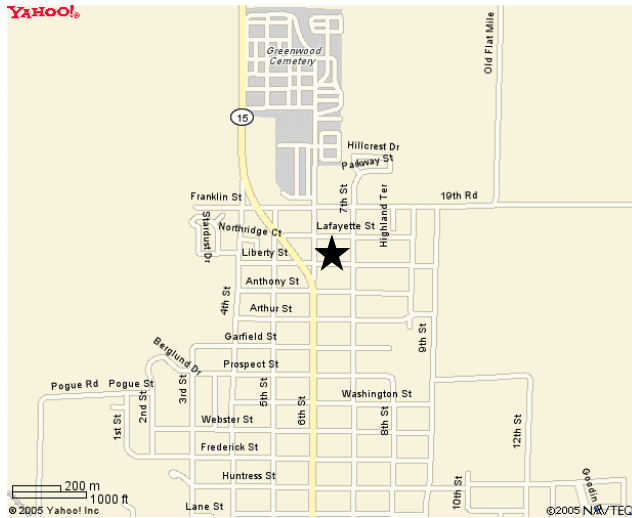


High 5 FOR Mom & Baby

Best practices. Best health outcomes. Best for mom and baby.



Location

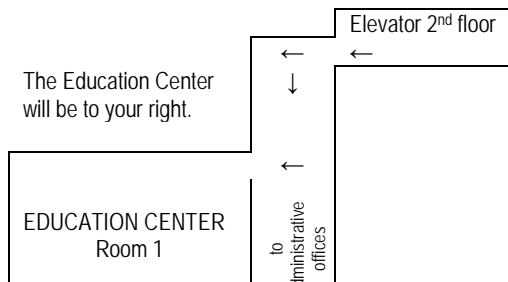
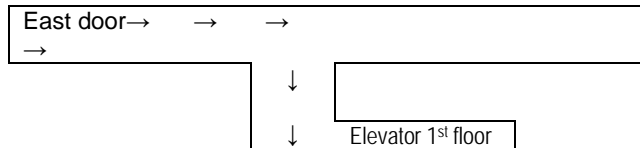
Clay County Medical Center

Education Centers

617 Liberty

Clay Center, KS 67432 / 785-632-2144

Parking is available at the east end of the hospital.
Enter through the east doors and turn right at the first hallway.
Take the elevator on the left up to the 2nd floor.



In accordance with the Americans with Disabilities Act, please advise Clay County Medical Center if you have any disability that requires special materials and/or services so that appropriate personnel can be advised.



2021

Childbirth Preparation & Breastfeeding Education

SATURDAYS

8 a.m. – 1 p.m.

August 28

December 4

Classes will be held at
Clay County Medical Center
Education Center 1





Childbirth Education

During this class, our educators will help you prepare for labor, birth, and early parenthood.

Topics covered include:

- Comfort measures for labor and birth
- Relaxation techniques
- Breathing and positioning
- Labor signs and stages
- Cesarean birth
- Postpartum care
- What to expect during baby's first hours of life
- Basic newborn care
- Newborn safety
- Healthy eating patterns
- Guided tour of the Clay County Medical Center Family Birthing Center

Breastfeeding Education

Breastfeeding education is included in the last evening session of Childbirth Education classes. It is designed to help you make an informed decision about breastfeeding and prepare you for breastfeeding your baby. Topics include:

- Benefits of breastfeeding to my baby and me
- How to get started
- Is my baby getting enough breastmilk
- Breastfeeding and work/school

Childbirth education and breastfeeding education classes are open to all mothers and labor partners wanting to learn more about pregnancy, childbirth, newborn basics, and breastfeeding.



Childbirth Education Registration Form

Name: _____
Labor Partner: _____
Street Address: _____
City: _____
State: _____ Zip: _____
Home Phone #: _____
Email Address: _____
Due Date: _____
Physician: _____

Please check the session you wish to attend.

____ August 28
____ December 4

Pricing: \$40 for any patient not being served by Clay County Family Physicians

Mail registration to:
Clay County Medical Center
Attn: Education Dept.
PO Box 512
Clay Center, KS 67432

E-mail registration to:
education@ccmcks.org

Call to Register:
(785) 632-2144