

# CHILDBIRTH CLASSES

## CLASS ONE:

- ♦ Introductions
- ♦ Anatomy/Physiology
- ♦ Lamaze vs. Total Relaxation
- ♦ Physical/Mental Preparation
- ♦ Third Trimester Discomforts
- ♦ Stage One of Labor/3 Phases
- ♦ True vs. False Labor
- ♦ Birth Film
- ♦ Relaxation/Visualization

**Register  
Early  
On!**

**CLASS DAYS**

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## CLASS TWO:

- ♦ Exploring Pain
- ♦ Options for Pain Relief
- ♦ Epidurals
- ♦ Fetal Monitoring
- ♦ Stage Two and Three of Labor
- ♦ Immediate Care of the Newborn
- ♦ Stage Three of Labor
- ♦ Relaxation/Visualization

## CLASS THREE:

- ♦ Cesarean Section Delivery
- ♦ Post Partum
- ♦ Breastfeeding
- ♦ Newborn Care/Circumcision
- ♦ Picking a Pediatrician
- ♦ Baby Blues/Post Partum Depression
- ♦ Closing Remarks
- ♦ Relaxation/Visualization

Classes are offered evenings 6:30-8:30pm for 3 weeks

**\$85 per couple** (due at first class, cash or check only)

Usually taken at 6-7 months in pregnancy

Call our office

**GENERATIONS**  
OB+GYN

*Providing Excellence In Women's Healthcare*

35046 Woodward Avenue, Suite 100  
Birmingham MI 48009-0932

Ph: (248) 647-9860 • Fx: (248) 647-9864

www.myobgyn.biz

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# The Art of BREAST-FEEDING

## 'Getting Off to a Good Start'

With breast-feeding there are two parts to the equation, the latch and Mom's milk supply. When both are at their optimum the result is a healthy thriving baby!

### THE LATCH ON

#### ♦ PROPER POSITIONING

*Preventing sore nipples  
Flat or inverted nipples  
Infant holds*

#### ♦ HOW OFTEN

*When to begin  
Initial sleep cycle  
Feeding on demand  
Feeding cues*

#### ♦ HOW LONG

*Fore and hind milk  
Infant stimulation techniques*

### MILK SUPPLY

#### ♦ When does my milk come in?

*Colostrum  
Engorgement*

#### ♦ How do I know my baby is getting enough to eat?

*Frequency and color of BM's*

#### ♦ Pumping and milk storage

#### ♦ Supplementing

*Options  
Sucking differences between breast and bottle*

### FREQUENTLY ASKED QUESTIONS

This is an evening class held at 6:30-8:30pm

**\$30 per couple** (due at first class, cash or check only)

**Class Day**

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# INFANT/CHILD CPR **Class Day**

American Heart Association  
Certified Instructor

One 2-hour class, learn how to:

- Reduce the risk of sudden infant death syndrome (SIDS)
- Prevent common injuries and choking in infants and children.
- Perform CPR and relieve foreign-body airway obstruction in infants and children with the use of video, discussion and real life scenarios using manikins.

Class size is limited, so you will have the opportunity to learn the skills required to respond to an emergency.

*Wear loose comfortable clothing*

*Please, no children allowed at class*

This is an evening class held at 6:30-8:30pm  
**\$30 per person** (due at first class, cash or check only)

If you have any questions contact  
Leanne Davenport (248) 245-5581

Class will be held at

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