

Child Birth Classes

Come learn, laugh, and meet others

*Class Dates: Every
Tuesday 11:00am – 12:30pm
Monday 6:00pm – 7:30pm
Location: 501 S. Rancho Dr. #E33
Las Vegas, NV 89106*

Cost: \$12 per class

Partners Welcome

Class #1 The normal birth labor and delivery

- A. anatomy and the descent of the baby/3 stages of labor/ stations/effacement/dilation*
- B. 6 signs of labor and when you know it's the real thing*
- C. Equipment and supplies*

Class #2 Prenatal Care

- A. Nutrition, healthy mom, healthy baby*
- B. changes in your body, exercise, sleep, sexuality*
- C. Monitoring baby, blood work, urinalysis, and ultra sound*

Class #3 Coaching/tools for dealing with labor and delivery

Brief overview of Lamaze, Bradley, Grantley Dick-Read, Hypno-birthing, "Birth unassisted", Association for Childbirth at Home and RONKAS Power Birth Technique!

Class #4 Postpartum

- A. Newborn care, nursing, and immunizations*
- B. Care of mother*
- C. Family life, partners, and where to turn for help*

**Approximately 1 in 3 hospital births result in a C-section. Join our class to learn how to reduce your chances of this happening to you.*

Siblings class available – donations accepted

MUST RSVP Margo at (702) 253-0849 or (702) 498-2547 as class size is limited!

Print and bring this flyer in and receive the first class FREE!