



PREPARED CHILDBIRTH CLASSES

Practical classes, designed so you know what to expect during your labor, delivery, and postpartum experience.

Where: Dr. Piness' office reception area
1635 N. George Mason Drive, Suite 185
Arlington, VA 22205

When: A one day only class, the 2nd Saturday of each month from 9 AM - 3 PM

Classes are currently forming with new classes beginning approximately every four weeks. It is recommended that you call to register three months before your due date, as space is limited and **classes fill up quickly.**

CLASS CONTENT

The Basics:

Hospital registration , when and who to call, where to go, what to bring to the hospital, hospital admission routine, BASIC breathing techniques, and understanding the differences between preterm, false, and true labor.

Expecting the Unexpected:

Vaginal deliveries, vacuum/ forceps assisted deliveries, cesareans, inductions, pain management options, and dealing with emergencies.

Now that Baby has Arrived:

Newborn care skills, breastfeeding BASICS, postpartum care, choosing a pediatrician, and knowing when to call the pediatrician.

*****Guided tours of the labor and delivery rooms, nursery and postpartum units are included in this class*****

Cost:

\$150.00 per couple

Private classes are available upon request for \$250.00

To Register:

Please call Valerie Varley, RN at (703) 754-2252

Your call will be returned within two business days.

Payment should be mailed to:

15066 Jupiter Hills Lane

Haymarket, VA 20169