



PREPARED CHILDBIRTH CLASSES

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

WHERE: Care for You OBGYN office

WHEN: The second Sunday of each month (date may be subject to change.)

TIME: Starting promptly at 9AM-3PM

CONTENT:

The Basics: Hospital registration, admission routine, when do I call? where do I go?

Expecting the Unexpected: Preterm labor / True vs False Labor, BASIC breathing techniques, pain management options, vaginal / vacuum / forceps deliveries, induction of labor, c-sections. Detailed video of vaginal and cesarean deliveries. Cord blood collections.

Now that you baby is here: Postpartum care, BASIC newborn care / circumcision / cord care, choosing a pediatrician, BASIC breastfeeding techniques.

Hospital tour included.

To register, please email valerievarley@yahoo.com. You will be contacted within 5 business days. Please include your name / due date and contact information. Cost- \$170.00 / couple

All payments must be received no later than 2 weeks prior to the class date. Checks may be made out to Val Varley, and mailed to:

15066 Jupiter Hills Lane

Haymarket, VA 20169

All refunds will be evaluated on a case by case basis-no refunds for no shows.

