

2017 Lamaze Childbirth Classes

LOCATIONS:

Valaoras & Lewis Ob/Gyn Office OR Novant Health Triad Ob/Gyn Office
245 Charlois Blvd 2909 Maplewood Avenue
Winston-Salem, NC 27103 Winston-Salem, NC 27103



DATES: Mondays – 6:00 to 8:30 pm

Series 4 – August 21, 28, September 11, 18 and 25, 2017 at Novant Health Triad Ob/Gyn Office

Series 5 – October 2, 9, 16, 23, and 30, 2017 at Valaoras & Lewis Ob/Gyn Office

Series 6 – November 5, 13, 20, 27, and December 4, 2017 at Novant Health Triad Ob/Gyn Office

COST: \$100



For further information or to register, please contact the instructors:

Robin Macklin, B.A., LCCE (Lamaze International)

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Phyllis R. D'Agostino, M.Ed., Ed.S., LCCE, CD and PCD (DONA),

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Celebrating Normal and Natural Birth



2017 LAMAZE SERIES CLASS DESCRIPTIONS

Each class is 2.5 hours long, and you can sign up for the entire Lamaze Series for \$100 or just register to attend one class for \$25 per class.

Class 1 – **All About Birth**...understanding birth, a brief overview of healthy strategies for third trimester pregnancy, begin practicing comfort measures and helpful breathing techniques, and learn the stages of labor.

Class 2 – **All About Labor and Comfort**...learn more about the challenges and strategies to manage labor that include a variety of comfort measures (physical and emotional), practice relaxation, more breathing techniques, and options for pushing.

Class 3 – **All About Labor Part 2**, introduction of the three R's – Relaxation, Rhythm and Ritual, review and practice comfort techniques, learn all about the possible interventions, reasons for them and what they involve, and informed decision making. and selecting your birth preferences.

Class 4 – **All about Birth and Beyond**...putting it all together for your birth preferences, understand the hormones in the birth process, birthing, what happens after birth, postpartum care for mom, and breastfeeding.

Class 5 – **All about Baby**...newborn appearance and procedures and care, safe sleep, period of PURPLE crying, comfort techniques for the baby, bathing, and more.

