

Breast Feeding Class

This one-night class will help you to get off to a good start with breast feeding and answer any questions you may have about this feeding method.

Classes are held monthly on Thursday evenings from 6 - 8 p.m. in the maternity department.

Please refer to the enclosed schedule for specific class dates.

The class is taught by certified lactation counselors.

Cost: \$10

New Baby Day Camp

This class was previously our Sibling Class. It is a class offered to children ages 2-8 who are expecting a new brother or sister. Please call The Women's Health Center of DuBois at 371-WOMN (9666) to schedule your child for this class.

Class size is limited to eight children and it is free of charge. These classes are scheduled throughout the year by demand.

Individual Review Classes

- Cesarean Class
- Labor and Delivery
- Infant CPR and Choking
- Infant care class

Please call for specifications as these classes are part of our regular seven-week series, but are also open for one or more night(s) participation.

Individual Classes:

Cost: \$10

What are our Credentials?

Our instructors are Birth and Beginning Education (B.A.B.E) certified and each have more than 15 years of experience in labor and delivery.

Certified Child Birth Educators

Lisa Bietz, RNC,
BSN, CCE

Prenatal Education
Coordinator



Sheri Kizina, RN, CCE



Lottie Bigar, RN, CCE



Melissa Sturrock, RN,
BSN, CCE

If you have any questions regarding our classes, please feel free to call our answering service and leave a detailed message.

375-6643

Your call will be returned as soon as possible.

DRMC'S PRENATAL EDUCATION PROGRAMS



- ✓ SEVEN-WEEK SERIES
- ✓ ONE-DAY CLASS
- ✓ BREAST FEEDING CLASS
- ✓ NEW BABY DAY CAMP
- ✓ INDIVIDUAL REVIEW CLASSES
(PART OF THE REGULAR SERIES)



DuBois Regional
Medical Center

Making the difference for life.

Congratulations!

You are having a baby

At DRMC, we are committed to making your birth experience as joyful, memorable, and comfortable as possible.

Our experienced and caring staff wants every mother to know their delivery is “special” to us by our focus and family centered maternity care and mother-baby nursing.

DRMC offers many prenatal educational programs in preparation for the birth of your new baby.

We encourage you to participate in as many of these educational programs as you like before admission to the hospital.

To register or for more information on any of the programs, please call DRMC’s Health Ed Line/INFO at 375-INFO (4636) between 8:00 a.m. and 5:00 p.m. Monday through Friday, or leave a message after hours and/or holidays.

What is our Philosophy?

We believe an educated expectant family is better prepared for the changes and events that occur during the prenatal, antenatal, and postnatal periods and is able to participate more fully in the decision-making process as it affects the family unit.

Prenatal Education Classes

This seven-week series is held on Tuesday evenings from 6-8:30 p.m. at DRMC’s Central Resource Center (the old Central Christian High School cafeteria). Please refer to the enclosed schedule for specific dates of each series.

Bring two pillows, starting with class three, for the breathing and relaxation segment of class.

Please register by the end of your sixth month of pregnancy.

Cost: \$40

Class Content

- Anatomy and Physiology
- Minor discomforts of pregnancy/remedies to relieve
- Emotional changes
- Fetal well-being
- Fetal testing
- Stages of labor and the birthing process
- Comfort measures
- Coach’s role/mother’s role
- Pain control
- Breathing/relaxation techniques (natural methods)
- Medications/epidurals (anesthesiologist)
- Cesarean birth
- NICU/Unexpected outcomes
- Postpartum
- Infant car seat safety (Trooper Bruce Morris)
- Hospital tour
- Newborn characteristics and procedures
- Infant CPR and choking
- Newborn Care (bathing, cord care, circumcision, bottle feeding, elimination)

One-Day Prenatal Education Class

This one-day class is a condensed intense version of our seven-week program.

The class is held on Saturdays, once a month from 8:30 a.m. to 3:30p.m. at DRMC’s Central Resource Center. Please refer to the enclosed schedule for specific class dates. Please park and enter through the back of the CRC, all other doors will be locked.

Continental breakfast and lunch are provided as well as morning and afternoon breaks. A hospital tour is also included during the lunch hour.

Bring one or two pillows for the breathing and relaxation segment of the class.

Register early, at least two to three months prior to your due date. Class size is limited to 12 couples to ensure a unique and personalized educational opportunity for every couple. Again, register early because classes fill quickly.

Cost: \$65

Class Content

- Anatomy and Physiology
- Physical and Emotional changes
- Remedies to relieve minor discomforts
- Nutrition
- Fetal well-being and the birthing process
- Stages of labor
- Coach’s role/mother’s role
- Breathing/relaxation techniques (natural)
- Medications/Epidurals
- Hospital tour
- NICU/Unexpected outcomes
- Cesarean birth
- Postpartum

(Infant CPR and Infant Care Classes are offered separately if attending the one-day class.)

**DRMC's Prenatal
Education Programs
2010 Class Schedules**

Prenatal Education Classes

6-8:30 p.m. in Central Resource Center
(former Central Catholic HS Cafeteria)

Series #1

Jan. 5, 12, 19, 26
Feb. 2, 9, 16

Series #2

April 6, 13, 20, 27
May 4, 11, 18

Series #3

July 6, 13, 20, 27
Aug. 3, 10, 17

Series #4

Oct. 5, 12, 19, 26
Nov. 2, 9, 16

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One Day Prenatal Classes

8:30 a.m. to 3:30 p.m. Central Resource Center

January 23
February 13
March 6
April 24
May 8
June 19

July 10
August 7
September 18
October 2
November 20
December 4

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Breast Feeding Classes

6-8 p.m. in DRMC Maternity Dept. Lounge

January 28
February 25
March 25
April 29
May 20
June 24

July 29
August 19
September 30
October 21
November 30
December 16

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