

Why Should I Take a Childbirth Class?

- Meet and socialize with other pregnant families in the community and share stories.
- Ask questions about pregnancy, labor and baby care.
- Get your family involved in your experience of pregnancy and childbirth.

What Will I Learn?

- The signs and symptoms of labor.
- Learn methods for coping with the pain of childbirth.
- What to expect when you and your newborn are in the hospital.
- The benefits of breastfeeding.
- Information about cesareans and other medical procedures that may occur, including epidurals.
- Take a tour of the Women's and Children's Unit at Rutland Regional Medical Center and become familiar with the tub, showers, birthing balls and other techniques used to help along the birthing process.
- Where and who to call for any questions that may come up after the class has ended.

One couple in every class will win a car seat at a drawing on the last night of class.

*Rutland Area Visiting Nurse Association
and
Rutland Regional Medical Center
present the following
educational and informative
childbirth classes:*

Birth and Beyond

Childbirth preparation classes

Childbirth Refresher

A review for couples who have attended other classes

Sibling Classes

For new brothers and sisters

Birthshop

One-day class

Tours

Tour the Women's and Children's Unit at Rutland Regional Medical Center

Breast-Feeding

Information and considerations

**For more information
call 802 775-0568**

Send completed application to:
Rutland Area Visiting Nurse Association & Hospice
7 Albert Cree Drive
Rutland, VT 05701



**Rutland Regional
Medical Center**

Having a Baby?



Prenatal Classes for expectant moms and their families

Presented by:

Rutland Area Visiting Nurse
Association & Hospice
and Rutland Regional Medical Center

Classes

Please check those classes you would like to attend:

☐ **Birth and Beyond** **\$72**

A childbirth series, taken in the last trimester, combining preparation for birth with the challenges of early parenting.

☐ **Childbirth Refresher** **\$36**

A review for couples who have attended previous classes.

☐ **Sibling Classes** **\$15**

Waiting for Baby classes are designed to educate and inform new brothers and sisters. Classes held at RPMC. Please indicate the names and ages of the attendees below:

Name Age

Name Age

Name Age

☐ **Birthshop** **\$72**

A one-day, Saturday class offered monthly for families unable to schedule time to attend the six week course.

☐ **Tours**

Tour the birthing unit at Rutland Regional Medical Center. Call 747-3688 to arrange your tour.

☐ **Breast-Feeding**

An overview of breast-feeding and what to consider when deciding how to feed your baby. To register call 747-3695.

Unless otherwise indicated, classes are taught at:
Rutland Area Visiting
Nurse Association &
Hospice
7 Albert Cree Drive,
Rutland

Application

Please register early in your pregnancy as class size is limited. Unless other arrangements have been made, payment is due to the Rutland Area Visiting Nurse Association & Hospice two weeks before your class begins. Payment plans are available upon request. Rates are subject to change.

About You (please print clearly)

Your name: _____

Your phone number: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Email address: _____

Date of birth: _____

Your occupation: _____

Your physician: _____

Expected due date of baby: _____

Is this your first baby? _____

If no, how many children do you have? _____

About Your Support Person

Support person's name: _____

Support person's phone number: _____

Support person's age: _____

Support person's occupation: _____

Insurance Information

Many insurance companies will cover the cost of childbirth classes. Please check with your insurance carrier about reimbursement. With the exception of Medicaid, we cannot bill your insurance company.

Medicaid, Dr. Dynasaur or Primary Care Plus

We only need your social security number if you receive Medicaid, Dr. Dynasaur or Primary Care Plus.

Your Medicaid Number: _____

Do you have any health concerns during this pregnancy or specific info you would like covered in class?

For more information,
call 802 775-0568