

## Registration Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip : \_\_\_\_\_

Phone: \_\_\_\_\_

Physician: \_\_\_\_\_

Hospital: \_\_\_\_\_

Due date: \_\_\_\_\_

Support person: \_\_\_\_\_

Relationship: \_\_\_\_\_

Number of children you have had: \_\_\_\_\_



[marshfieldclinic.org](http://marshfieldclinic.org)

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## 2023 Childbirth Education Classes

Marshfield Medical Center-Beaver Dam  
OB/Women's Health Inpatient Unit



Marshfield Clinic Health System

Childbirth education is an important part of every pregnancy, not just your first. Marshfield Medical Center–Beaver Dam offers small classes taught by our specially-trained and experienced childbirth educators to help you prepare for labor and childbirth.

Pre-registration for prenatal classes is required. We suggest that you choose the Preparing for Childbirth class closest to your eighth month of pregnancy.

## Preparing for Childbirth

Our experienced childbirth educators will teach you and your support person ways to enhance your comfort and decision making during your hospital stay. The class covers the labor and delivery process, relaxation and pain management techniques for a healthy and comfortable birthing experience, physical and behavioral characteristics of your newborn, infant feeding choices, cord care and measures you can take to ensure your family's health and safety.

Preparing for Childbirth Classes	
Tuesdays from 6 – 8:30 p.m. in Conference Room A&B	
Dates	
January 10 & 17	August 1 & 8
February 7 & 14	September 12 & 19
March 7 & 14	October 3 & 10
April 4 & 11	November 7 & 14
May 2 & 9	December 5 & 12
June 6 & 13	
Fee	
\$45 for mom and support person for two class sessions.	

## Breastfeeding Class

Our International Board Certified Lactation Consultant (IBCLC) will share information to help you and your baby get the best start for breastfeeding. Topics include:

- Benefits of breastfeeding
- Babies instinctive behavior's after birth
- How to position and latch
- What to expect the early days and beyond
- Early skin-to-skin contact between mom and baby and its effect on breastfeeding
- Some early challenges with breastfeeding
- What to do if baby doesn't latch
- And more

Since all moms and babies are different, moms are given information and encouraged to do what works best for them with on-going support from our Lactation Consultant team.

Breastfeeding Classes	
Mondays from 6 – 8 p.m. in Conference Room A&B	
Dates	
January 9	July 17
February 6	August 7
March 20	September 11
April 3	October 9
May 15	November 6
June 5	December 11
Fee	
\$10 for mom and support person per class.	

Outpatient lactation visits are available free of charge after discharge. Call the Lactation Office at **920-887-4021** to make an appointment.



## Registration

Pre-registration is required.

Please send this form with your registration fee payable to **Marshfield Medical Center–Beaver Dam**.

Marshfield Medical Center–Beaver Dam  
OB/Women's Health Inpatient Unit  
707 South University Ave  
Beaver Dam, WI 53916

## Indicate dates in classes you will be attending:

**Preparing for Childbirth (\$45)**

Date: \_\_\_\_\_

Please call 920-887-4007 to reserve.

**Breastfeeding Class (\$10)**

Date: \_\_\_\_\_

**Total Enclosed:** \_\_\_\_\_