





**Marshfield Medical Center-Rice Lake** offers an online childbirth education class that you can take conveniently from home on your own timing. You may choose to pair the online course with an in-person comfort measures class that will provide more hands-on education. Comfort measures class ends with a tour of the birth center. Additionally, in-person breastfeeding classes are also offered at no cost to you.

Any **in-person class** will be held in the hospital conference room 1 & 2, past the cafeteria. People attending classes can enter through Entrance #1 (Emergency Department) and ask for directions at the registration desk.

**Scan the QR code for available class dates and times.**



## Understanding Birth eClass

This interactive online course covers essential information on pregnancy, labor, birth, postpartum and newborn care. You'll also get a sense of what labor is really like as you watch several birth stories. You'll even have an opportunity to create your own birth plan. Allow four-to-six hours to complete. Once registered, you will have access to the classes, information and videos for nine months.

**Cost:** \$45/couple

## Comfort Measures In-person class will cover:

This is a hands-on class offered to patients and their support person to learn about labor coping mechanisms. The class will include labor positioning, breathing exercises and hands on techniques for partner involvement. The Comfort Measures class will be taught by Angela Longhenry, R.N., B.S.N., IBCLC and Dr. Lauryn Brunclik, a perinatally trained and certified doctor from Blue Hills Chiropractic. Blue Hills Chiropractic has been the area's leader outside of the hospital in helping women on their journey to a minimally invasive birth. Class will end with a tour of the birth center. Please wear comfortable clothing. No cost.

## Breastfeeding Basics In-person class will cover:

- Latching on and positioning
- How to know your baby is getting enough milk
- Overcoming common challenges with breastfeeding
- Breastmilk expression and storage

This class is recommended for expecting parents who are considering or have decided to breastfeed and will share information to help you and your baby get the best start. No cost to you.

## How to sign up for eClass

This class is offered in partnership with Marshfield Medical Center-Eau Claire. To register for the **online eClass**, mail this form (on back) with credit card information or a check payable to Marshfield Medical Center-Eau Claire for \$45 to this address:

**Marshfield Medical Center-Eau Claire**  
Attn: Cashier  
2116 Craig Rd.  
Eau Claire, WI 54701

Once payment is received by our cashier, an email confirmation and activation code will be emailed to you.

**Note:** *We recommend taking this online course prior to the Comfort Measures In-person class but it is not a requirement.*

## How to sign up for in-person classes

To register for the **in-person classes**, please call 715-236-6166 and provide your name, phone number, and due date.

For in-person classes, participation is determined on a first come, first serve basis with registration. In-person classes may be canceled in the event of inclement weather or due to low class enrollment. Details are available at [marshfieldclinic.org/childbirthclass](http://marshfieldclinic.org/childbirthclass) or scan QR code.