

Register for classes

Call:

Brenda Blankenship RN: Childbirth Education Coordinator (620) 450-1695

Or you may call the OB department and leave a message for Brenda (620) 450-1670

For both numbers, please leave your name and phone number, Brenda will return your call as soon as possible.

Mail:

You may mail in your registration information by filling out information on brochure and mail to:

PRMC/ Brenda Blankenship

200 Commodore

Pratt, KS 67124

Class schedules are subject to change. Please pre-register so you will be notified of any schedule changes.

2015 CHILDBIRTH EDUCATION REGISTRATION FORM

NAME: _____

ADDRESS: _____

PHONE: _____

CLASS PLAN ON ATTENDING:

“Labor hurts-maybe worse than anything you’ll ever experience in your life. But by girding yourself for this reality and coming to terms with what you expect and why, you’ll be in the most receptive frame of mind to confront that pain.”

~“I Love Labor”

Parenting, august 1996, p. 101

We recommend taking the childbirth Class during the second trimester of pregnancy (fifth, sixth or seventh month), but it may be taken anytime during the pregnancy.

Education will not give you a painless birth, but preparation has been shown to ease the pain, enhance relaxation, and lead to better feelings about the upcoming birth process.



www.prmc.org

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Pratt Regional Medical Center

LEADING THE REGION IN HEALTHCARE

2015 PRMC CHILDBIRTH CLASS INFORMATION



2015 CLASS SCHEDULE



FEBRUARY 21

APRIL 11

JUNE 6

AUGUST 8

OCTOBER 3

DECEMBER 12

CLASS: SATURDAY FROM

9:00AM TO 5:00PM

COST: \$40.00



Childbirth education has been a part of the Pratt community for many years and is another of the many services offered at Pratt Regional Medical Center.

PRMC offers classes on Saturdays every other month throughout the year.

Classes are informal and provide education on the following:

- Physical changes, anatomy and body mechanics of pregnancy.
- Danger signs of pregnancy.
- Alterations in labor– including Cesarean Section.
- Labor support– including coaching, physical comfort, emotional support and communication with hospital staff.
- Infant care and breastfeeding

PRMC Childbirth Education Classes include:

- Tour of the Family Birth Suites
- Gift packs and “freebies”
- Sign-up forms for free magazines
- Healthy snacks
- Frequent breaks!!!

Childbirth Education classes are for everyone! They are very important for first time mothers and partners. They are also important to “experienced” moms to update and learn new information.

What to bring:

Pillow

Coach

Wear comfortable clothing

