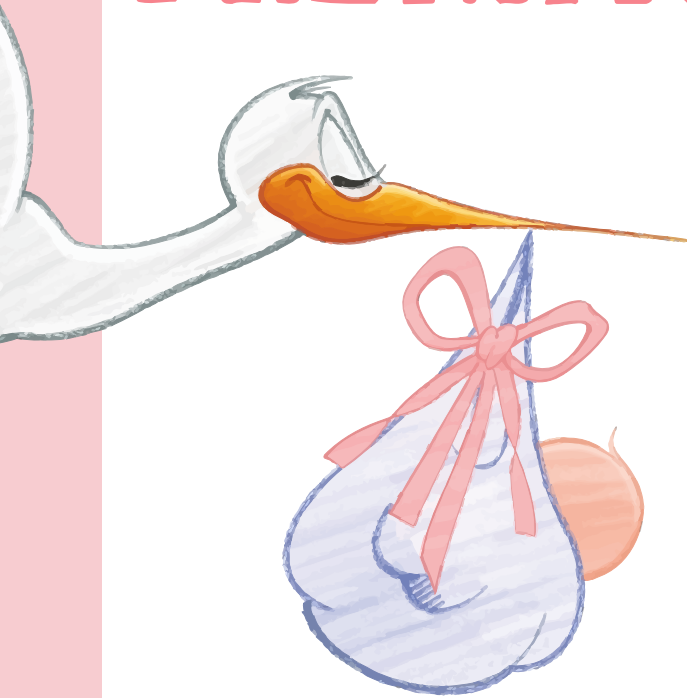


PRENATAL CLASSES



435 Grand Avenue West
Chatham, ON
3rd Floor, Room 301A/B

6:00 pm – 8:00 pm
***Class 5: 6:00 pm - 8:30 pm**

Questions? Please call CK Public Health:
519.352.7270 x2903

Class 1

Nutrition
Pregnancy Changes & Discomforts
Lifestyle Choices

Class 2

Stages of Labour
Comfort Measures
Labour Positions
Breathing & Relaxation Exercises

Class 3

Birth Plans
Medical Interventions
Pain Medication
Caesarean Birth

Class 4

Newborn Characteristics
Procedures and Reflexes
Postpartum Procedures
Adjusting to a New Baby

*Class 5

Importance of Breastfeeding
How to Breastfeed
What to Expect from your Breastfed Baby
***Please bring a doll and a tube of lipstick if
you have one**

Class 6

How Your Baby Communicates
Baby Care
Infant Safety