

# PRENATAL CLASSES



Chatham-Kent Community Health Centres  
808 Dufferin Avenue, Wallaceburg ON

Tuesday October 1, 8, 15, 22, 29\* & November 5  
6:00 pm – 8:00 pm

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

**Free & Open to Everyone**

Call to register at 519.352.7270, ext 2903

<p><b>CLASS 1</b></p> <p>Nutrition Pregnancy Changes &amp; Discomforts Lifestyle Choices</p>	<p><b>CLASS 2</b></p> <p>Stages of Labour Comfort Measures Labour Positions Breathing &amp; Relaxation Exercises</p>	<p><b>CLASS 3</b></p> <p>Birth Plans Medical Interventions Pain Medication Caesarean Birth</p>
<p><b>CLASS 4</b></p> <p>Newborn Characteristics, Procedures and Reflexes Postpartum Procedures Adjusting to a New Baby</p>	<p><b>*CLASS 5</b></p> <p>Importance of Breastfeeding How to Breastfeed What to Expect from your Breastfed Baby</p> <p>**Please bring a doll and a tube of lipstick if you have one</p>	<p><b>CLASS 6</b></p> <p>How Your Baby Communicates Baby Care Infant Safety</p>