

PRENATAL CLASSES



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

Tuesday, October 2, 9, 16, 23, 30*, November 6, 2018

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>CLASS 1</p> <p>Nutrition Pregnancy Changes & Discomforts Lifestyle Choices</p>	<p>CLASS 2</p> <p>Stages of Labour Comfort Measures Labour Positions Breathing & Relaxation Exercises</p>	<p>CLASS 3</p> <p>Birth Plans Medical Interventions Pain Medication Caesarean Birth</p>
<p>CLASS 4</p> <p>Newborn Characteristics, Procedures and Reflexes Postpartum Procedures Adjusting to a New Baby</p>	<p>*CLASS 5</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>CLASS 6</p> <p>How Your Baby Communicates Baby Care Infant Safety</p>