



## 2009 Denton Regional Medical Center Childbirth Classes

<p><b>Mondays (7p to 9p)</b> March 23 to April 20 October 5 to November 2</p> <p><b>Tuesdays</b> January 6 to February 3 May 5 to June 2 November 17 to December 15</p> <p><b>Fee \$65.00</b></p>	<p><b>Thursdays (7p to 9p)</b> February 12 to March 12 July 9 to August 6 August 27 to September 24</p> <p><b>Fee \$65.00</b></p>
<p><b><u>Saturdays (9a to 5p)</u></b> January 10 February 7 March 7 April 11 May 9 June 6 July 11 August 8 September 12 October 10 November 7 December 5</p> <p><b>Fee \$65.00</b></p>	<p><b><u>Breastfeeding Classes</u></b> <b>(9a to 11a)</b> Jan. 24 Mar. 28 May 23 July 25 September 26 November 21</p> <p><b>Fee \$20.00</b></p>

This five week series, taught by a childbirth educator, covers the basics of labor and delivery, techniques for coping with labor, and other topics surrounding childbirth, including a tour of the labor and delivery suites. An outline is included below.

## Childbirth Class Outline

### Class 1

Introduction  
Anatomy and Physiology  
Discomforts of Pregnancy  
Warning Signs  
Relaxation

### Class 2

Overview of labor  
Early & active labor  
Breathing  
Relaxation

### Class 3

Transition - labor  
Tour of LDR  
Labor Interventions -  
Induction & Episiotomy  
Breathing  
Relaxation

### Class 4

Pain management -  
Comfort measures, analgesia &  
anesthesia  
Second stage - Pushing  
Third stage - Placenta  
Cesarean delivery

### Class 5

Postpartum  
Labor review  
Newborn

**Note: Sat. classes are a condensed version of the five-week series.**



**Please call Women's Services @ 940-384-4288 with questions or to register.**