



# 2019 Prenatal Class Schedule

Maternity Services Blanchard Valley Hospital & Bluffton Hospital

## When to attend:

Most beneficial if attended during the sixth or seventh month of pregnancy

## Things to bring with you to class:

- Two pillows and two blankets for mom
- Snacks will be provided. Bring additional snacks and a drink if desired

## What to wear:

Comfortable clothing - room temperature may fluctuate

## Support person:

The role of the support person is stressful, therefore it is important for the father or another designated support person to attend the classes with mom, if possible.

## Blanchard Valley Hospital

Held in Marathon Auditorium

1900 South Main Street, Findlay

Held on Saturdays, 8 a.m. to 4 p.m. *(Breakfast provided)*

February 16

June 22

October 19

April 13

August 24

December 7

## Bluffton Hospital

Held in the Maternity Unit

139 Garau Street, Bluffton

Two-day class, held on Thursdays, 6-9 p.m.

Jan. 3 & 10

July 11 & 18

March 7 & 14

Sept 5 & 12

May 9 & 16

Nov. 7 & 14

## Lactation Class

Each prenatal class also includes a section on lactation. The lactation information is presented the first hour after lunch in Findlay and the first hour in Bluffton on the second day. Just this portion can be taken for only \$10. If possible, bring a life size baby doll. Please call 419.423.5220 for more information.



## CLASS AGENDA

### Your Pregnancy:

- When to call your doctor
- What to pack
- Prenatal massage
- Pregnancy-induced hypertension
- Stages of labor

### During Labor:

- Breathing, positions, pelvic tilts and squatting
- Natural birth
- Epidural
- Comfort interventions *(birthing ball/peanut ball)*
- When your water breaks
- Delivery supplies *(monitors, cribs and warmers)*
- C-section

### Post Delivery:

- Lactation/feeding
- Kangaroo Care/swaddle
- Hospital safety
- Postpartum care of mom
- Safe sleep for baby

### Care of Baby:

- Bathing & circumcision care
- When to call you pediatrician
- What's normal/abnormal
- Immunizations
- Car seat

### Tour the maternity area



**To register:** Register and pay online at [bvhealthsystem.org](http://bvhealthsystem.org). Click Classes & Events. Questions, call 419.423.5220. Include your name, address, phone number and the month you would like to attend.

**Fee: \$45** (includes mom & guest/spouse)  
Payment can be made online or the day of the class. Please make checks payable to Blanchard Valley Health System. Receipts available for Medicaid reimbursement.

**419.423.5220**

