



2020 Prenatal Classes

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
- Snack will be provided. Bring additional snacks & 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.

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 Schedule

Blanchard Valley Hospital

Marathon Auditorium

1900 South Main Street, Findlay

Held on Saturdays, 8 a.m. to 4 p.m.

(Breakfast provided)

February 8 August 15

April 11 October 17

June 13 December 19

Bluffton Hospital

Second Floor Conference Room

139 Garau Street, Bluffton

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

January 2 & 9

July 2 & 9

March 5 & 12

September 3 & 10

May 7 & 14

November 5 & 12



Blanchard Valley
HEALTH SYSTEM

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.

Click Classes & Events. For 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.