### 2020 Prenatal Classes

**Blanchard Valley Hospital**

Marathon Auditorium  
1900 South Main Street, Findlay  
**Held on Saturdays, 8 a.m. to 4 p.m.**  
*(Breakfast provided)*

- February 8  
- April 11  
- June 13

**Bluffton Hospital**

Second Floor Conference Room  
139 Garau Street, Bluffton  
**Two-day class, held on Thursdays, 6 to 9 p.m.**

- January 2 & 9  
- March 5 & 12  
- May 7 & 14  
- July 2 & 9  
- September 3 & 10  
- November 5 & 12

**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.

**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**

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**Class Agenda**

**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.

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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.