

## *Breastfeeding/Childbirth Classes for Memorial Hermann*

**Breastfeeding:** This class will provide an explanation of the benefits of breastfeeding, importance of a support system, and tips to a successful start. You will learn about positioning, latch-on, early feedings and importance of assessing your baby's intake. Breast pumping and storage, and maintaining a healthy milk supply is discussed for moms who plan to return to work or school. (Recommended during the last 3 months of pregnancy)

Typically offered the 2<sup>nd</sup> Sat of each month at 9am, \$30

**Newborn Care:** This course is for expectant parents learning the basics of newborn care. Feeding, diapering, bathing, and signs and symptoms of illness in infants will be discussed. Hands on practice with dolls will be included

Typically offered 2<sup>nd</sup> Sat of each month at 1pm \$30

**Prepared Childbirth:** A one day course for women who are entering the last trimester of pregnancy. Information on labor, the birthing process, anesthesia, cesarean section and characteristics of the newborn are discussed. A must for expectant couples!

Typically offered 3<sup>rd</sup> Sunday of each month 9 am, \$70

Visit [www.memorialhermann.org/classesandevents](http://www.memorialhermann.org/classesandevents) or call 713-22-CARE to register

Information and education also available on our website  
[www.mysugarlandobgyn.com](http://www.mysugarlandobgyn.com)