



YAVAPAI REGIONAL
MEDICAL CENTER

Proudly Caring for Western Yavapai County

YRMC EAST

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MAIN SWITCHBOARD

(928)445-2700
www.yrmc.org
www.YRMCHealthConnect.org



2019 Classes
for Expectant Mothers
and their Partners



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2019 Classes for Expectant Mothers & Their Partners

FOR MORE INFORMATION OR TO REGISTER: CALL (928) 442-8800



Preparing for Childbirth

The arrival of a new baby is always an exciting time, though pregnancy and giving birth is not without its challenges – especially for first-time mothers. At Yavapai Regional Medical Center, we have assisted with the miracle of birth for over 75 years, and fully understand what expectant moms and their partners are going through and what they need to know.

As a community service, and to give our precious babies the best possible start in life, YRMC offers a number of different pregnancy and childbirth classes. All are designed to meet the special needs of new moms and their families.

These are lively, interactive classes with opportunities to make friends with other expecting couples. Please wear comfortable clothes and bring your water bottle.

Family Birth Class

YRMC's Family Birth Class is offered numerous times throughout the year for first-time moms and their partners. **Participants are encouraged to start the four-week series no later than their 30th week of pregnancy**, and then be sure to attend all four of the two-hour classes. **The cost is \$35.**

“The Super Saturday Class” is optimal for those in their 32nd to 34th week of Pregnancy.” The content of this class is the same as the weekly series.

The Family Birth Class will provide helpful information as you prepare for the arrival of your baby. Topics include:

- Common discomforts of late pregnancy and their remedies
- Comfort measures for labor and how to use them
- Relaxation practices and pain coping techniques
- What to expect at the hospital
- Basic baby care

Please call (928) 442-8800 to find out when the next class is starting and to reserve your seat. Space is limited! **PLEASE NOTE:** If the class you registered for does not meet the minimum size (4 couples), you will be contacted to reschedule.

Breastfeeding Works!

Breastfeeding Works! is specifically designed to teach you how to have a successful and rewarding breastfeeding experience. Expectant mothers and their partners are encouraged to attend if they anticipate breastfeeding their babies. After your baby is born, the class provides support and friendship with other breastfeeding moms. This class is offered once a month and is **FREE of charge**. For more information or to register, please call (928) 442-8800.