

## Wednesday, October 13

- Childbirth Education Class - 6:00pm
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### Childbirth Education Class

**Time:** 6:00pm

The birth of your child is an experience you will always remember. At Los Alamos Medical Center, we want to share in that preparation through our free childbirth education classes. Our certified childbirth educator leads you through: body and hormonal changes in pregnancy, birth, and postpartum; options for labor and delivery, as well as coping measures; breastfeeding; and what to expect as you bring your baby home. Our guest speakers in each series – an OB, a pediatrician, a neonatal nurse practitioner, and representatives of local community resources – round out the classes.

Nothing can quite prepare you for birth, but our goal is to reduce the unknown and give you information to help you make the best decisions for your family.

#### 2021 Schedule

- Series 1: January 6 – February 10
- Series 2: March 17 – April 21
- Series 3: May 26 – June 30
- Series 4: August 4 – September 8
- Series 5: October 13 – November 17

Classes are **free** and offered **Wednesday evenings, 6pm to 8pm**. Each series is **six weeks long** and includes:

Week 1: Pregnancy; overview of labor and birth; breathing, relaxation, and visualization exercises (this class usually runs until 8:30p)

Week 2: Review, pushing, interventions/induction, pharmacological and non-pharmacological pain management

Week 3: Meet the Providers (Dr. Brenda Pereda, LAMC OB, & Dr. Lynda Amrani, LAMC neonatologist) & Local Community Resources (First Born Program, Family Strengths Network, and others will discuss their programs)

Week 4: Normal newborn behavior and infant development, postpartum hints

Week 5: Breastfeeding & bottlefeeding

Week 6: New parents share their experiences

To register, submit the form below. If you don't receive a confirmation within a few days, contact Kelley (email below) or call the LAMC Mother-Baby Unit at 661-9230.

Kelley Baer is a childbirth educator and lactation consultant for Los Alamos Medical Center. She certified as a Lamaze childbirth educator (LCCE) in 2012 and an International Board Certified Lactation Consultant (IBCLC) in 1999. Kelley can be reached at [Kelley.baer@lpnt.net](mailto:Kelley.baer@lpnt.net). She enjoys discussing all things "birth, baby, and breastfeeding," and helping families prepare for this exciting time in life!