



## Prenatal Education

Learning about the options and services available when you are going to have a baby is essential for first-time mothers and very beneficial to those who may have already had a baby. At St. Gabriel's Hospital, our goal is to provide a comprehensive prenatal education program that prepares the entire family for the arrival of a new child.

We welcome all expectant mothers, fathers (or other support persons) to our classes. Please bring your handbook, entitled *The Journey Begins - A Guide to Caring for Yourself and Your Baby*, which is distributed through your doctor's office. (One will be provided on the first night of classes if needed.)

## Specific Classes

### New Life Birthing Series (\$50)

A six-session evening class providing comprehensive prenatal education. Topics include birthing options, relaxation techniques, pain-management options, a tour of the New Life Birthplace and early care of your newborn.

*Tuesday evenings (6:30 to 8:30 p.m.)*

**NOTE: Please bring 1-2 pillows and *The Journey Begins* book to the first class.**

### Alternative Birthing Series (\$50)

A comprehensive six-session program especially designed for teens, single parents and others with special circumstances. Topics covered include birthing options, relaxation techniques, pain-management options, tour of the New Life Birthplace and early care of your newborn.

*Tuesday evenings (6:30 to 8:30 p.m.)*

**NOTE: Please bring 1-2 pillows and *The Journey Begins* book to the first class.**

### Breastfeeding Class (Included in cost of series or \$10 if not taking series)

A one-session class during which a breastfeeding consultant will provide the information you may be looking for to assist you in making the decision on how to feed your baby. Topics covered are the benefits of breastfeeding for you and your baby, and tips to make breastfeeding a success. The cost of the Breastfeeding Class is included in New Life Birthing Class.

*Tuesday evenings (6:30 to 8:30 p.m.)*

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### Refresher Education Information (No charge)

Informational packets are available for anyone who would like an update on St. Gabriel's OB Services, labor/delivery procedures, new care options, and tips on helping the family adjust to the new baby. A tour of the OB Department is also available upon request. To schedule a tour and/or to receive the information packet, please call (320) 631-5604.



### Stork Club (No charge)

A class to help prepare siblings (ages 3-10) for the arrival of a new baby. Please meet in the New Life Birthplace at St. Gabriel's Hospital. Children must be accompanied by a parent. Participants will receive a free T-shirt. *Saturday mornings (10 to 11:00 a.m.) or Monday evenings (6:30 to 7:30 p.m.)*

## Location

Most classes are held in the Franciscan and Lindbergh Rooms of Unity Specialty Center (adjacent to St. Gabriel's Hospital). **Please park in the East Lot (808 SE 3rd St.) and enter through the hospital's back entrance.**

Please note that St. Gabriel's Hospital is a smoke-free building and campus.

## Registration/Cost

Pre-registration is required for all classes. Please fill out the attached form and mail to: **St. Gabriel's Hospital, Education Department, 815 SE 2nd Street, Little Falls, MN 56345. Phone (320) 631-5604.**

*A reminder postcard or phone call will go out approximately one week before class.*

**In case of inclement weather, please call 632-5441 to check on classes, or listen for announcements on Little Falls Radio.**

Costs identified above are per expectant mother. Checks may be made payable to St. Gabriel's Hospital. Please bring payment or request a grant application on the first night of class. Obtaining insurance reimbursement is the responsibility of class participants. Receipts will be provided upon request.

## Instructors

Instructors are nurses, physicians and certified childbirth educators who are experienced in obstetrics and childbirth education.

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## 2010 Registration Form

Name \_\_\_\_\_ Due Date \_\_\_\_\_

Labor Companion's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Mother's Age \_\_\_\_\_

Physician's Name \_\_\_\_\_

*Please (✓) the class/series you plan to attend.*

**New Life Birthing Series (\$50\*) Tuesdays 6:30-8:30 p.m.**  
**(Fee includes breastfeeding class)**

- \_\_\_\_\_ January 5 to February 9
- \_\_\_\_\_ March 9 to April 13
- \_\_\_\_\_ June 8 to July 13
- \_\_\_\_\_ September 7 to October 12
- \_\_\_\_\_ November 2 to December 7

**Alternative Birthing Series (\$50\*) Tuesdays 6:30-8:30 p.m.**  
**(Fee includes breastfeeding class)**

- \_\_\_\_\_ January 5 to February 9
- \_\_\_\_\_ March 9 to April 13
- \_\_\_\_\_ June 8 to July 13
- \_\_\_\_\_ September 7 to October 12
- \_\_\_\_\_ November 2 to December 7

**Breastfeeding Class (optional - Cost included in above series)**

**Tuesdays following above Series 6:30-8:30 p.m.**

- \_\_\_\_\_ February 16                      \_\_\_\_\_ October 19
- \_\_\_\_\_ April 20                         \_\_\_\_\_ December 14
- \_\_\_\_\_ July 20

**Stork Club (free) Saturdays 10:00-11:00 a.m. or Mondays 6:30-7:30 p.m.**

- \_\_\_\_\_ January 18                      \_\_\_\_\_ July 26
- \_\_\_\_\_ April 17                         \_\_\_\_\_ October 9

Child's Name \_\_\_\_\_ Age \_\_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_\_

*\* Payment may be brought to 1st night of class.*

*\* Financial assistance is available for all classes. Please request a grant application on the first night of class.*

*Form may be cut, folded, taped and sealed to mail.*

PLACE  
POSTAGE  
HERE

ATTN: EDUCATION DEPT.  
ST. GABRIEL'S HOSPITAL  
815 2nd STREET S.E.  
LITTLE FALLS, MN 56345



Photo by Tim Peterson

## New Life Birthing Classes 2010

*Prenatal education: Enriching the  
experience of having a baby*

**Sponsored by:**

† CATHOLIC HEALTH  
INITIATIVES

**St. Gabriel's Hospital**

Little Falls, MN 56345

(320) 631-5604

**Grant funding is available for eligible participants  
through Morrison County Public Health**