

To register online, visit [www.crmc.org/events](http://www.crmc.org/events).

Name of Expectant Mother:			
Address:			
Home Phone:	Work Phone:	Cell Phone:	
Name of Coach(es) Attending:			
Physician:	Hospital:	Due Date:	Class Dates Requested:
E-mail Address:			
Please complete and mail to: Attn: Lori Green, OB Educator Capital Region Medical Center P.O. Box 1128 Jefferson City, MO 65102-1128			

## REGISTRATION

Please register for classes 3-4 months prior to your due date to allow for adequate class sizes. If a class has to be changed, you will be notified of the change and alternatives available to you.

To register, visit [www.crmc.org/events](http://www.crmc.org/events) or return the registration form attached to the flyer. A letter will be sent in advance confirming your registration, class location and additional information needed for the class.

All classes are free of charge.

**For more information**, contact Lori Green at 573-632-5366 or [lgreen@crmcc.org](mailto:lgreen@crmcc.org).



**Capital Region®**

**FAMILY MATERNITY CENTER**

An Affiliate of  **Health Care**

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1125 Madison Street  
Jefferson City, Missouri  
65102-1128

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# Childbirth Education Classes

## 2023

### Class Schedule



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**Better. Every day.**

Capital Region Medical Center is dedicated to serving families and providing excellent, individualized care.

## Services

We believe the birth of your baby is one of the most important events in your lifetime. As each individual is unique, so is each pregnancy and birthing experience.

More moms than ever are choosing Capital Region Medical Center for their childbirth experience. Our obstetrics team is comprised of physicians, nurses and other medical professionals that design a care plan that is right for each individual patient.

The cornerstone of our obstetric care is education and family involvement; promoted throughout the childbirth experience.

In order to enhance the bonding process between parents and infants, all of our patient rooms are beautifully decorated and provide privacy and a homelike comfort. Patients with uncomplicated pregnancies will experience the entire birthing process, labor, delivery, recovery and postpartum (LDRP) in one room.

The Family Maternity Center is located on the second floor, just inside the hospital entrance lobby of the medical center. The unit contains 12 LDRP rooms, level II nursery and a c-section room.

# 2023 Class Schedule

**All classes are FREE of charge. A light snack is provided in all classes.**

## Beginning Childbirth Preparation

Having a baby is an exciting time. Capital Region Medical Center would like to help you prepare for the birth of your baby. Please join us to learn more about labor, delivery and care of yourself and your new baby. A tour of the OB department is included during this class.

*Class is held on Saturdays from 9:00 am-3:30 pm.*

- January 7
- March 11
- April 15
- May 13
- June 10
- August 12
- September 16
- November 11

## Breastfeeding Class

Choosing to breastfeed is one of the healthiest decisions you can make for yourself and your baby. This class is designed for families who are thinking about breastfeeding and/or have already made the decision to breastfeed. We will discuss the benefits of breastfeeding, optimal positioning and latch techniques, and strategies for success. Dads are encouraged to attend.

*This class is held on Wednesday evenings from 6:00-8:00 pm.*

- January 11
- March 8
- May 10
- July 12
- September 13
- November 8

## Care of the Newborn

Becoming a parent is a time of joy and new experiences. This class will help families learn how to care for their new baby in the early days and weeks after birth. Topics covered will include normal newborn appearance, feeding, diapering, bathing, and infant safety.

*This class is held on Wednesday evenings from 6:00-8:00 pm.*

- February 8
- April 12
- June 14
- August 9
- October 11
- December 13

