

2021 CHILDBIRTH EDUCATION SERIES

CHILDBIRTH EDUCATION

This class will help you make your most informed birthing decisions - from prenatal through postpartum, including phases of labor, comfort measures, interventions, medications, breathing techniques, and coaching help.

9 a.m. to 3:30 p.m. • HGH conference room

January 9	April 10	July 10	October 23
February 6	May 8	August 21	November 13
March 6	June 5	September 18	

Please bring two pillows and wear comfortable clothing. Husbands, fathers, and coaches are encouraged to attend. Snacks and lunch are included.

LACTATION CLASSES

Learn from our certified lactation consultant about the natural process of breastfeeding, lactation, physiology of the breast, positioning, identifying feeding cues, good nutrition, and storage of breast milk.

6 p.m. to 8 p.m. • HGH conference room

January 11	April 12	July 26	October 25
February 8	May 10	August 23	November 15
March 8	June 7	September 20	

Please bring a doll or stuffed animal to practice your breastfeeding positioning. Husbands, fathers, and coaches are encouraged to attend.

NEWBORN CARE CLASSES

This class will cover feeding, sleeping, diapering, circumcision, umbilical cord care, bathing, and dressing. Parents-to-be will also learn about temperament, crying and comforting techniques, behavior states, and newborn communication.

6 p.m. to 8 p.m. • HGH conference room

January 19	April 20	July 19	November 2
February 16	May 18	August 30	November 22
March 15	June 15	September 27	

Please bring a doll or stuffed animal to practice your parenting skills. Husbands, fathers, and coaches are encouraged to attend.



Let us help you make your most informed birthing and parenting decisions.

To pre-register for any of the classes, please call
775-623-5222, ext. 1268

For questions, contact Becky Egbert at 775-455-5138
or email egbertr@hghospital.org

HGH MOTHER & BABY UNIT
118 E. Haskell Street • Winnemucca, Nevada

www.hghospital.org/childbirth

Our goal at Humboldt General Hospital is to educate and prepare new parents for success. Due to the importance of these classes, there is no fee to participate.