

2022 Childbirth Education Series

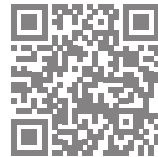
Let us help you make your most informed birthing and parenting decisions.

CHILDBIRTH • LACTATION • NEWBORN CARE

To pre-register for any of the classes, please call
HGH MOTHER & BABY UNIT
775-623-7930

or register online at www.hghospital.org/childbirth

For questions, contact Becky Egbert at
775-455-5138



HGH

Humboldt General Hospital

118 E. Haskell Street, Winnemucca, Nevada 89445



2022 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 Sarah Winnemucca conference room

January 8	April 9	August 6	
February 5	May 7	September 17	November 12
March 12	June 25	October 15	

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

2022 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 Sarah Winnemucca conference room

January 10	April 12	August 9	
February 7	May 10	September 19	November 14
March 14	June 27	October 17	

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

2022 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 Sonoma conference room

January 18	April 19	August 16	
February 15	May 17	September 27	November 21
March 22	July 5	October 25	

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

ALL CLASSES ARE OFFERED FREE OF CHARGE.



Humboldt General Hospital