

# Prenatal Class Outline and Registration Form



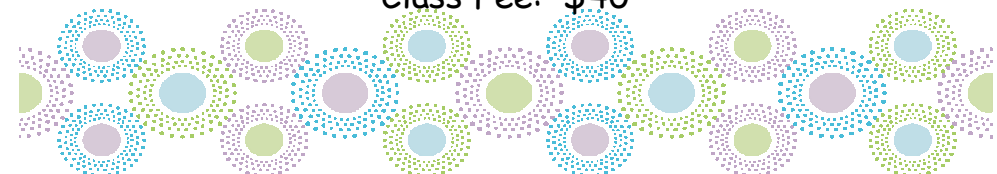
885 N. Sandusky Avenue • Upper Sandusky, Ohio  
419-294-4991

*Caring for the Health of Our Community*



885 N. Sandusky Avenue • Upper Sandusky, Ohio  
419-294-4991

Classes are held on  
Wednesday evenings from 6 to 9 pm  
In the hospital's Oncology Education Room (2nd Floor)  
Class Fee: \$40



## Prenatal Class Information

- Please register for Prenatal Classes at Wyandot Memorial Hospital right after your first prenatal visit. This will enable you to fully benefit from the discussion on prenatal issues, such as nutrition and preterm labor.
- First-time moms are highly encouraged to attend classes.
- If this is not your first birthing experience, you are welcome to attend and refresh your knowledge and skills.

## Nutrition Class (30-45 min)

This class is included in the cost of the Prenatal classes. We prefer to schedule your nutrition class as soon as possible in your pregnancy. You can call the OB Department at 419-294-4991, ext. 2231 to schedule a time at your convenience. Nutrition Classes will include the following information:

- Eating healthy
- Kegel exercises
- Exercise for the Mom-to-Be



## Prenatal Classes

Class 1: Introduction • Role of Support Person • Female Anatomy  
Danger Signs to Report • Understanding Labor/Delivery  
Relaxation Techniques • Breathing Techniques

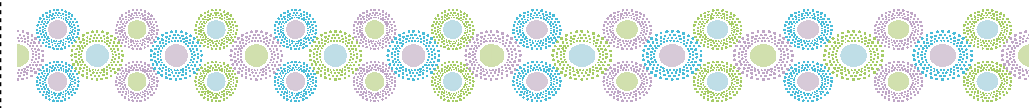
Class 2: Pain Management • C-Sections • Inductions  
Post-partum

Class 3: Infant Care • Formulas • Newborn Characteristics

## Breastfeeding Classes

The decision to breastfeed your newborn is a personal choice. It is a unique and wonderful gift that only you can give your baby. Our class will provide you with information on benefits of breastfeeding, feeding techniques, what to expect when breastfeeding your baby and overall breast care.

Breastfeeding classes are held separately from the Prenatal classes. OB Nurse, Maraline Thiel, RN teaches these classes which can be scheduled at your convenience by calling the OB Department at 419-294-4991, ext. 2231. The breastfeeding class is included in the Prenatal class fee, however if it is taken separately there is a \$10 charge.



## Prenatal Class Registration Form

This completed registration form **MUST** be mailed to the hospital right after your first prenatal visit to be assured of attending classes. If you have any questions, please call the OB Department at 419-294-4991 ext. 2231.

Name: \_\_\_\_\_

Support Person: \_\_\_\_\_

*A support person is not required for participating in classes*

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Due Date: \_\_\_\_\_

Physician: \_\_\_\_\_ Hospital: \_\_\_\_\_

Date(s) of Previous Births: \_\_\_\_\_

Breastfeeding Class:  YES  NO  MAYBE

*(this class is optional but highly encouraged)*

Please mail this completed form along with your \$40 class fee to the address below. If you would like, you may pay the fee at your first class but please mail this form right after your first prenatal visit.

OB Department  
Wyandot Memorial Hospital  
885 N. Sandusky Avenue  
Upper Sandusky OH 43351

You will receive a letter confirming your class date and time.

**We truly look forward to assisting you during this special time in your life. Please do not hesitate to contact the OB Department at Wyandot Memorial Hospital if you have any questions or concerns regarding the birth of your baby.**

