

REGISTRATION

For your convenience you may register for the childbirth classes by either detaching this form and mailing to us or calling (406) 528- 5306.

Name _____

Support Person: _____

Address: _____

City: _____

Phone: _____

Delivering Hospital: _____

Delivering Provider: _____

Due Date: _____

Session you would like to attend:

Childbirth Education ___ Breastfeeding Only ___

Requested Class Date: _____

Pre-registration is not required for classes, however it is strongly suggested and it helps us to meet your specific needs.

Send registration to:
St. Luke Community
Healthcare
c/o Beth Moree
107 6th Ave SW
Ronan, MT 59864



**For more information on the
St. Luke New Beginnings Birth
Center please contact us at**

107 6th Ave SW
Ronan, MT 59864
406-528-5306
www.stlukehealthcare.org

Childbirth Classes



St. Luke
Community
Healthcare



www.stlukehealthcare.org
(406) 676-4441 ext.306
Polson ♥ Ronan ♥ St. Ignatius

At the New Beginnings Birth Center, every birth is a special delivery

When you're expecting, you want the very best for you, your baby, and your family. So do we! That's why we created The New Beginnings Birth Center...a warm, welcoming environment devoted to making your birth experience a personal, meaningful and safe occasion.

Your comfort and safety are top priorities at the New Beginnings Birth Center.



Whether this is your first time, or you are a "veteran" parent, you're looking for a childbirth setting that offers, the latest high-tech equipment, a secure unit for baby's safety and plenty of TLC. You will find all those at the New Beginnings Birth Center at St. Luke Community Hospital.

No matter where you plan to deliver your baby, The New Beginnings Birth Center is committed to helping all Mission Valley parents understand your birthing options and learning about labor, delivery and baby care, including feeding options so the arrival of your baby is a wonderful experience and a precious memory. Any expectant mother and her support person are welcome to attend the class. The earlier in the pregnancy, the better and you may attend more than once.

Childbirth Classes

The New Beginnings childbirth class reviews what to expect during labor and delivery, dealing with body changes during pregnancy, comfort techniques and medical procedures, breastfeeding education, understanding the labor and delivery options, newborn and postpartum care. The class starts off at 9am with breastfeeding education. Anyone interested in breastfeeding education is welcome, and if you are experienced with labor, and the only info you need is breastfeeding, you are able to leave after that portion of training.

An exciting new addition to our program is Alyssa Schock, one of our physical therapists who has specialty training in Woman's Health issues related to pregnancy and postpartum. She will be offering training on "Appropriate expectations of body changes, and how to deal with them", and "Returning to your pre-baby body" These classes are **strongly recommended** for all those who are first time parents, but **all are welcome**. Anyone wanting breastfeeding information is welcome to come to the breastfeeding portion of the class from 9:00am-10:00am. If you are unable to attend the breastfeeding portion and would like one-on-one lactation guidance call the number below

Classes are free and held on Saturday's every third month from 9:00am-2:00pm in the Tamarack conference room on the lower level of St. Luke Community Hospital.

For registration e-mail Beth at bmoree@stlukehealthcare.org, or call (406) 528-5306

Dates for 2018

February 3rd

May 5th

August 4th

November 3rd

If you are interested in attending our childbirth education class, please do so early in pregnancy especially for breastfeeding information.

Any mother who is interested in or who is already breastfeeding and needs extra help, or a support system is encouraged to attend.

All of our classes are taught by Certified OB Registered Nurses, Lactation Consultants who are eager to help you with your childbirth experience here at St. Luke Community Hospital.



For information or questions please call Beth Moree at 406-528-5306