

## Prenatal Class Schedule

<b>Healthy Pregnancy</b> 2 classes 7:00-9:00 p.m.	
<b>Tuesday Evening</b>	<b>Thursday Evening</b>
January 18 & 25th	March 10 & 17th
May 17 & 24th	Sept 15 & 22nd
July 19 & 26th	November 17 & 24th

<b>Labour &amp; Birth Classes</b> 3 class series 7:00-9:00 p.m.	
<b>Tuesday</b>	<b>Thursday</b>
Feb 1, 8 & 15	Jan 6, 13 & 20
Apr 19, 26 & May 3	Mar 15, 22 & 29
May 31, June 7 & 14	May 12, 19 & 26
Sept 13, 20 & 27	July 7, 14 & 21
Nov 15, 22 & 29	Aug 18, 25 & Sep 1
	Oct 6, 13 & 20

<b>Baby &amp; You Classes</b> 7:00-9:00 p.m. Maybe taken before or after birth	
<b>Your Baby's Brain &amp; Beyond</b>	<b>Care &amp; Feeding of Your Baby</b>
Thurs Feb 24	Thurs March 3
Thurs April 7	Thurs April 14
Thurs June 23	Thurs June 30
Tues Aug 2	Tues Aug 9
Tues Oct 25	Tues Nov 1
Tues Dec 6	Tues Dec 13

<b>Weekend Prenatal Classes</b> Bring a pillow, snacks, and wear comfortable loose fitting clothing
<b>Class #1 – Labour &amp; Birth:</b> delivery medical procedures, relaxation & breathing, hospital tour  <b>Class #2 – Baby &amp; You:</b> Your baby's brain development Baby care and feeding
<b>SATURDAY SERIES</b> 10:00 to 3:00 pm
Class #1 February 12 April 2 June 4 August 6 October 1 December 3
Class #2 January 29 March 5 May 7 July 9 September 10 November 5

WEEKEND SERIES 

# 2011 PRENATAL CLASSES

## Register Early

**All classes  
are free**



## Prenatal Classes

**Healthy Pregnancy....** Register for the healthy pregnancy class as **EARLY** as possible in your pregnancy

<b>Class 1</b>	<ul style="list-style-type: none"> <li>• Nutrition</li> <li>• How the baby develops during pregnancy</li> </ul>
<b>Class 2</b>	<ul style="list-style-type: none"> <li>• Prenatal exercise, breathing, &amp; relaxation</li> <li>• Lifestyle</li> </ul>

**Labour & Birth....** Start this series at least 8-10 weeks before your due date

<b>Class 1</b>	Labour & Birth	<ul style="list-style-type: none"> <li>• The stages of labour and delivery</li> <li>• Relaxation techniques</li> <li>• Physical changes after delivery</li> </ul>
<b>Class 2</b>	Comfort Measures during labour, delivery, and early postpartum	<ul style="list-style-type: none"> <li>• Breathing techniques and positions</li> <li>• Massage, relaxation during labour</li> <li>• Supporting your partner during labour</li> <li>• Cowichan District Hospital tour/virtual tour</li> </ul> <p><b>Bring a pillow &amp; wear comfortable clothing</b></p>
<b>Class 3</b>	Medical Procedures	<ul style="list-style-type: none"> <li>• Procedures during labour</li> <li>• Pain control</li> <li>• Health concerns during pregnancy</li> <li>• C-section (caesarean birth)</li> <li>• Relaxation &amp; breathing</li> </ul>

**Baby & You Classes....** This series may be taken anytime during pregnancy or the first 6 weeks after birth

<b>Class 1</b>	Your Baby's Brain and Beyond	<ul style="list-style-type: none"> <li>• How the brain developments</li> <li>• How to help your baby develop and learn</li> <li>• Playing and connecting with your baby</li> <li>• Today's toys – good and bad</li> </ul>
<b>Class 2</b>	Care and Feeding of Your Baby	<ul style="list-style-type: none"> <li>• Becoming parents</li> <li>• What to expect from your baby</li> <li>• Breastfeeding - why to &amp; how to</li> <li>• Caring for your wellbeing after delivery</li> </ul>

### Class Location

- All classes are held in Duncan at the Margaret Moss Health Unit
- All Classes are free

### Hospital Tours

#### **Cowichan District Hospital (CDH)**

A Cowichan Hospital tour included during the Labour & Birth series

#### **Nanaimo Regional General Hospital (NRGH)**

Telephone 250-755-3308 to book a tour

#### **Victoria General Hospital (VGH)**

Telephone 250-727-4212 to book a tour

### To Register or For More Information

#### Please Call Us

**Telephone:** 250-709-3050

**Address:** Margaret Moss Health Unit  
675 Canada Avenue  
Duncan, BC V9L 1T9

Class Dates

