

PREPARED CHILDBIRTH CLASSES

Practical classes, designed so you know what to expect during your labor, delivery, and postpartum experience

Where: Dr's Rossi, Crowther, Masel , Born, and Karen King, CNM ,office waiting room

When: The second Saturday of each month (date may be subject to change) ONE DAY CLASS.

Time: Starting promptly @ 9AM, until approximately 3PM

Content:

The Basics-Where do I go, who /when do I call? BASIC breathing techniques, Preterm labor, True vs. False labor, admission routine.

Expecting the Unexpected- Vaginal, Vacuum, Forceps and Cesarean deliveries, Induction of Labor, emergencies, detailed videos of vaginal and cesarean deliveries, pain management options, medication information.

Now that your baby is here- Breastfeeding BASICS, BASIC newborn care-circumcision and cord care, choosing a pediatrician, when do I call the pediatrician? Postpartum care. Hospital tour included.

Cost: \$165 per couple

To Register: Please send email to: valerievarley@mrjs.com, include your name, due date, doctor's name(s) and your contact information. You will be contacted within 5 business days.

Payment must be received by the first day of the month in which you are registered to attend the class. All checks made out mailed to:

Valerie Varley
15066 Jupiter Hills Lane
Haymarket, VA 20169

Refunds will be evaluated on a case by case basis and will include a processing fee.