

## 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)*

*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*

*Payment required 2 weeks prior to class date-*

*To Register: Please call Valerie Varley, RNC @ 703 754 2252*

*All checks to be mailed to:*

*Valerie Varley*

*15066 Jupiter Hills Lane*

*Haymarket, VA 20169*