

Childbirth Education Classes

Syllabus

1st Class:

Introduction

Pregnancy Adjustments

Nutrition in Pregnancy

Exercise in Pregnancy

Where does the pain in labor come from?

Fear-Tension-Pain Cycle

Dealing with pain of labor

Relaxation/Breathing

2nd Class:

1st - 4th stages of labor

Birth Plans, medications, interventions

3rd Class:

Complications

Cesarean Delivery

Postpartum adjustment, newborn care

Postpartum Depression



Childbirth A to Z

Pregnancy, Labor, Childbirth and Beyond

By: Kim Gustafson, ARNP

- What:** This 3 week, 1-1/2 hour class, covers pregnancy, nutrition and exercise in pregnancy, pain of labor, the stages of labor, birth plans, relaxation, medications, interventions, complications, vaginal delivery, cesarean delivery, postpartum adjustment, newborn care and postpartum depression.
- When:** The classes will meet three consecutive Monday's of each month from 6:30 pm to 8:00 pm.
- Where:** Premier OB/GYN of West Houston / Methodist ~ Medical Office Bldg. 2
18300 Katy Freeway, Suite 315 ~ Houston, TX 77094
- Cost:** \$65/couple (payable by cash or check to Kim Gustafson)
- How to schedule:** Call me at 713-464-2100 ext. 1126 or 832-498-5055
OR e-mail me at kimmiegrn@hotmail.com

Name of Mother to be: _____

Name of Father/Support Person: _____

Home#: _____ Work#: _____ Cell#: _____

E-mail address: _____

Physician: _____ Due Date: _____