

Pre-Registration Form

Expectant Mom's

Name: _____

Do you prefer English? Spanish?

Coach's Name: _____

Relationship: _____

Mailing Address:

Contact Phone: _____

Baby's Due Date: _____

Doctor: _____

Email address:

Would you like to be notified by email
about events and services for families in
Mono County?

If yes, check here:

Submit this form in-person:

Sierra Park Women's Health Services

Located on the Mammoth Hospital campus at
85 Sierra Park Road

\$25 for entire course (\$15 for WIC clients)

Cash and checks ONLY.

Write check to First 5 Mono County.

For information:

Women's Health Services 760-924-4044

First 5 Mono County 760-924-7626

Five-week series:

- ◆ Pregnancy and labor overview
- ◆ Breathing and relaxation
- ◆ Nutrition, exercise in pregnancy
- ◆ Normal progression of labor
- ◆ Role of the labor coach
- ◆ Hospital routines/procedures
- ◆ Interventions in labor/delivery
- ◆ Anesthesia, pain medications
- ◆ Tour of Labor and Delivery
- ◆ Bonding and Breastfeeding
- ◆ Postpartum and well baby care

*Additional resources and information
available at each session.*



- ◆ Bring two pillows, and a blanket or quilt.
- ◆ Wear clothing suitable for free movement and exercise.
- ◆ Please consult your doctor for any recommendations or cautions.
- ◆ Light snacks will be provided.

These classes offer a childbirth preparation program for parents interested in learning and sharing experiences in a supportive environment.

Emphasis will be on an individual and realistic approach to labor and birth. You will learn the tools necessary for a safe, comfortable labor and birth experience.

**January 25 - February 29, 2012
(except February 15)**

Wednesdays 6:00 pm—8:00 pm

Mammoth Hospital

85 Sierra Park Rd

Conference Rooms A & B

760/924-4044

Cost:

\$25 for entire course series
\$15 for series for WIC clients

Instructors & Facilitators:

Obstetrician

Martha Kim, MD

First 5 Welcome Baby! Staff

Deanna Clark, CLEC

Debbie Riffel, CLEC

Lara Walker, CLEC

Guest Speakers:

Anesthesiologist

Pediatrician

Registered Dietician

Lactation Educators



Course brought to you by . . .



www.mammothhospital.com



Provided by First 5 Mono County



www.monokids.com



Childbirth and Newborn Care Preparation Course

Brought to you by
First 5 Welcome Baby! and
Sierra Park Women's Health

760-924-4044