



preparing for baby

2012 Class Schedule

Call **866-938-7256** for more information or to register for these programs, which are held at Vanguard West Suburban Medical Center, 3 Erie Court. Deadline for class registration is seven days prior to the first day of class.

Alternative Birthing Center Orientation Class

Find out more about choices in childbirth. The homelike setting of the Alternative Birthing Center is designed to support women during water birth and other non-interventive births. This class is a requirement for using the Alternative Birthing Center. **Free.**

Monday classes will be offered in Room 269.

Saturday classes will be offered in the LDRP Classroom on the sixth floor.

Mondays, 7:30–8:30 p.m.; Room 269

Jan. 2, Jan. 23, Feb. 6, Feb. 27, March 5, March 19, April 2, April 16, May 7, May 21, June 4, June 18, July 2, July 16, Aug. 13, Aug. 20, Sept. 17, Sept. 24, Oct. 1, Oct. 15, Nov. 5, Nov. 19, Dec. 3, Dec. 17

Saturdays, 11:00 a.m.–12:00 noon

Jan. 21, Feb. 18, March 17, April 21, May 19, June 16, July 21*, Aug. 18, Sept. 15, Oct. 20, Nov. 17, Dec. 15

**The July 21 class will be held in Room 269*

Breastfeeding Class

Learn breastfeeding techniques, answers to commonly asked questions, and information on the benefits of breastfeeding for mom and baby. A support person is encouraged to attend. There is no charge for the extra person, but registration is required (due to limited seating). **Fee: \$30.**

This class will be offered in Room 274.

Mondays (2nd Monday of each month), 7:00–10:00 p.m.

Jan. 9, Feb. 13, March 12, April 9, May 14, June 11, July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 12, Dec. 10.

Prepared Childbirth

This series teaches the stages of labor, slow breathing techniques, comfort measures, positions for coping with labor and developing confidence in your body's ability to birth. Sessions include a five-week Wednesday series and a two-day condensed weekend series. **Fee: \$80 per series.**

This class will be offered in Classrooms A-D, located on the lower level.

Wednesdays, 7:00–9:00 p.m.

Sessions starting Jan. 4, Feb. 15, April 4, May 16, June 27, Aug. 15, Sept. 26, Nov. 7

Saturdays and Sundays, 1:00–5:15 pm.

Jan. 7-8, Feb. 11-12, March 10-11, April 14-15, June 9-10, July 7-8, Aug. 11-12, Sept. 8-9, Oct. 13-14, Nov. 3-4, Dec. 8-9

The Family Birthplace Tours

Tours of the Irvin & Margaret Houck Family Birthplace are available every Wednesday and the third Saturday of each month.

Family Birthplace (Sixth Floor)

Wednesdays, 7:30–8:30 p.m.

Saturdays (3rd Saturday of each month), 3:00 –4:00 p.m.

Jan. 21, Feb. 18, March 17, April 21, May 19, June 16, July 27, Aug. 18, Sept. 15, Oct. 20, Nov. 17, Dec. 15