



# Education during pregnancy

**We're here to help mothers and babies get off to a good start.**

To register or for the most updated information, call **785-587-5413** or visit [viachristi.org/manhattan-childbirth](http://viachristi.org/manhattan-childbirth).

## Childbirth preparation

We recommend that you plan to take the following classes during or after your seventh month. Class space is limited, so please enroll early.

**Childbirth Education: Cost - \$80**

Our certified childbirth educators will help prepare you for labor, birth and early parenthood. Class topics include:

- Lamaze breathing techniques
- Relaxation methods
- Caesarean birth
- Video presentations
- Postpartum care
- Comfort measures for labor and birth
- Breathing, relaxation and positioning
- Guided tour of the Birth & Women's Center

It is recommended to complete this series four weeks before your due date.

**Labor partners are encouraged to attend.**



To learn more, visit [viachristi.org/manhattan-childbirth](http://viachristi.org/manhattan-childbirth).

## Prenatal education registration form

\_\_\_\_\_  
Name (last/first)

\_\_\_\_\_  
Labor partner name (last/first)

\_\_\_\_\_  
Address 1

\_\_\_\_\_  
Address 2

\_\_\_\_\_  
City, state

\_\_\_\_\_  
ZIP

\_\_\_\_\_  
Phone (day)

\_\_\_\_\_  
Phone (evening)

\_\_\_\_\_  
Email (You will receive class information via email)

\_\_\_\_\_  
Due date

\_\_\_\_\_  
Doctor

How did you learn about our prenatal class offerings?

\_\_\_ my doctor

\_\_\_ a family member

\_\_\_ internet

\_\_\_ a friend

\_\_\_ the hospital

\_\_\_ Health Department

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## Prenatal education class pricing options

Please indicate the dates for the classes you wish to attend in the blanks below

### Option 1: Individual pricing option

#### Childbirth Education - \$80

Date: \_\_\_\_\_

#### Breastfeeding Basics - \$25

Date: \_\_\_\_\_

#### First Aid for Children - \$25

Date: \_\_\_\_\_

#### Daddy Basics - \$25

Date: \_\_\_\_\_

### Option 2: Prenatal class big bundle - total \$130

Save \$25 when choosing this bundle

#### Childbirth Education

Date: \_\_\_\_\_

#### Breastfeeding Basics

Date: \_\_\_\_\_

#### First Aid for Children

Date: \_\_\_\_\_

#### Daddy Basics

Date: \_\_\_\_\_

### Option 3: Prenatal class little bundle - total \$115

Save \$15 when choosing this bundle

#### Childbirth Education

Date: \_\_\_\_\_

#### Breastfeeding Basics

Date: \_\_\_\_\_

#### Daddy Basics

Date: \_\_\_\_\_

Please enclose cash or check made payable to Ascension Via Christi Hospital.

Mail your payment and registration to:

**Ascension Via Christi Hospital  
Education Services**  
1823 College Ave.  
Manhattan, KS 66502

## Baby care

### Breastfeeding Basics: Cost - \$25

Our breastfeeding basics class is taught by an International Board Certified Lactation Consultant and is designed to help prepare you before birth for nursing your baby. If you are unsure about how you want to feed your baby, attending this class will assist you in making an informed decision about breastfeeding.

Class topics include:

- Can I breastfeed and work or go to school?
- How and when should I find breastfeeding support?
- What are the benefits of breastfeeding to my baby and me?
- How do I get started and what should I expect during the early days?
- How do I know my baby is getting enough breast milk?

**Labor partners are encouraged to attend.**

### First Aid for Children: Cost - \$25

Your instructor will assist you in becoming comfortable in dealing with your child's illnesses and minor injuries. You will be taught ways to prevent injury, as well as how to identify and treat children with basic first aid needs, including care of the choking child.

### Daddy Basics: Cost - \$25

Just for dads (or mom's partner), this class uses trained facilitators and veteran dads to cover topics such as:

- Becoming a dad
- Preventing child abuse
- Forming a new family
- Bonding
- Caring for new moms
- Balancing work and family
- Safety issues
- Forming a parenting team

This class also offers hands-on opportunities for new dads to become comfortable in caring for babies. Veteran dads will demonstrate activities such as:

- Changing diapers
- Feeding
- Holding the baby and dealing with crying
- Swaddling

**For fathers and significant others only.**



**Educational Services**  
1823 College Ave.  
Manhattan, KS 66502  
t 785-587-5413