

# 2020 Class Schedules

for

Childbirth Education  
and Breastfeeding



Lakes Regional  
Healthcare

An Avera Partner

## **Congratulations!**

*As an expectant parent, you have some wonderful experiences ahead of you. Lakes Regional Healthcare, an Avera Partner, is here to help you understand and enjoy these experiences as well as to help you make some very important decisions that will impact you and your baby's life.*

*This brochure includes information about the Childbirth Education and Breastfeeding Classes available at Lakes Regional Healthcare Avera. If there is additional information you would like, please feel free to call us anytime at **712-336-8700, ext. 2622.***

# Childbirth Education Classes

During the Childbirth Education Classes, experienced hospital staff members educate expectant mothers and their coaches about the delivery process. Attendance during the fifth to eighth months of pregnancy is recommended.

## Topics include:

- Physical and emotional changes in pregnancy
- Labor and delivery process, and relaxation techniques such as breathing and positioning
- Tour of the Obstetrics Unit
- Breastfeeding and bottle feeding
- Cesarean "C" section
- Postpartum and infant care

Classes run four consecutive Thursdays from 7 to 9 p.m. Each session begins on the following dates:

- Jan. 2, 9, 16, 23
- July 2, 9, 16, 23
- March 5, 12, 19, 26
- Sept. 3, 10, 17, 24
- May 7, 14, 21, 28
- Nov. 5, 12, 19, Dec. 3

The Childbirth Education Classes are held in the hospital's Education Center and cost \$30 per person or \$50 per couple.

## Registration

Registration is required for any of the above classes by visiting [lakeshealth.org](https://lakeshealth.org), calling **712-336-8700, ext. 2622**. If you must cancel a reservation, please do so 24 hours in advance of the class to receive a refund by calling **712-336-8700, ext. 2622**.



## Payment

Payment may be received by credit card, or a check can be mailed in advance to:

Lakes Regional Healthcare, an Avera Partner  
Attention: Cashier  
P.O. Box AB  
Spirit Lake, IA 51360

Payment may also be made on the first night of class by check, cash or WIC voucher.

# Breastfeeding Classes/ Support Group

Lakes Regional Healthcare Avera sponsors a two-hour session on the basics of breastfeeding for parents and babies.

## Topics include:

- Breastfeeding basics
- Golden Rule of breastfeeding
- Anatomy of the human breast
- How lactation occurs
- Care for your breasts
- Managing milk supply
- Correcting an uncomfortable latch, etc.
- Information especially for fathers
- Care and use of a breast pump

Classes are held on the following Thursdays from 7 to 9 p.m. in the hospital's Education Center.

- Jan. 30
- April 2
- June 4
- July 30
- Oct. 1
- Dec. 10

This class is offered free of charge. In addition, a book entitled *Breastfeeding: Keep It Simple* is given to those who attend.

The class includes a question and answer session, networking with other parents and the ability to schedule a meeting with a lactation consultant.

## Cancellations

Cancellations due to weather or for other reasons for all Childbirth Education, Labor Review and Breastfeeding Classes will be aired on KICD-AM, KICD-FM, KUOO-FM and KILR.

## Lakes Regional Hospital

Highway 71 S.  
P.O. Box AB  
Spirit Lake, IA 51360  
**712-336-1230**

## Lakes Regional Ambulance Service

Highway 71 S.  
Spirit Lake, IA 51360  
**712-336-1230**

*For emergencies, call 9-1-1.*

## Dickinson County Public Health

Highway 71 S.  
Spirit Lake, IA 51360  
**712-336-2682**



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**[Avera.org/lakeshealth](https://Avera.org/lakeshealth)**

