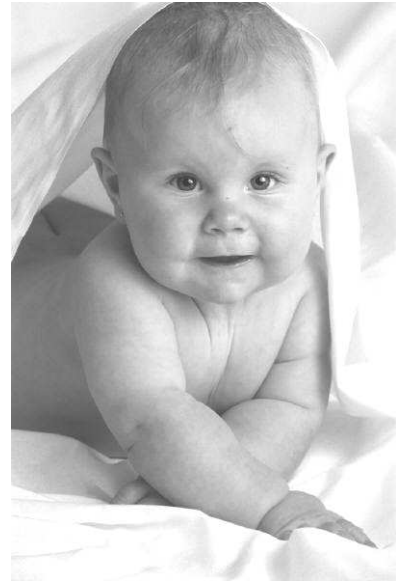


The Baby Connection

Childbirth & Family Classes – 2009 Schedule



Childbirth Preparation: Three-Week Course

You and your coach will learn what to expect during all phases of the birth process. We encourage you to attend the classes between six and eight months of pregnancy. Bring two pillows and a blanket. Limited to 10 participants each series.

Fee: \$30 per couple
Location: La Porte Hospital, lower level
Time: 6:30 - 8:30 p.m.
Dates: **January 7, 14, 21; March 4, 11, 18; May 6, 13, 20;
July 8, 15, 22; September 9, 16, 23; November 4, 11, 18**

Childbirth Preparation: Saturday Class

This class includes all of the information offered in our three-week course but is compacted into one, six-hour session for busy couples. Limited to 24 participants each class.

Fee: \$30 per couple
Location: La Porte Hospital, lower level
Time: 9 a.m. - 3 p.m.
Dates: **January 10, February 21, March 14, April 18, May 16,
June 13, July 18, August 15, September 12, October 17,
November 14, December 19**

Baby and Me

This course provides helpful information such as management of postpartum discomforts and basic infant care. Fathers-to-be or partners are welcome to attend. This course should be taken as close to the mother's delivery date as possible. Limited to 10 participants for each class.

Fee: \$10 per couple
Location: La Porte Hospital, lower level
Time: 6:30 - 8 p.m.
Dates: **January 13, February 24, April 7, June 30, August 11,
September 22, November 3**

Breastfeeding Class

This three-hour class provides a variety of techniques, problem-solving skills and breastfeeding management for the working mother. We encourage you to attend the classes between six and eight months of your pregnancy. Fathers or partners are welcome to attend.

Fee: \$15 per person
Location: La Porte Hospital, lower level
Time: 6 - 9 p.m.
Dates: **January 28, March 11, April 22, June 3, July 15,
August 26, October 7, November 18, December 30**



Big Brother and Sister Preparation

This one-hour class is for children ages 3 to 9. It is designed to prepare children for the changes that come with the birth of a new brother or sister. Attendance is recommended as close to the mother's due date as possible. Children must be accompanied by an adult. Please bring a doll.

Fee: \$10 per family
Location: La Porte Hospital, lower level
Time: 6 - 7 p.m.
Dates: **January 15, February 26, April 9, May 21,
July 9, August 20, October 1, November 12**

Class sizes are limited.
Advanced registration is required.
For more information or to register for classes,
call (219) 326-2480.


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