



The following options are available for registration:

1. **Register online** using a major credit or debit card at <http://www.ricehospital.com/classes/PregnancyToParenting.html>

Call Rice Education at 320-231-8920 if you need help with online registration.

2. **Register by mail** using a check or money order for payment. Print the registration form at: <http://www.ricehospital.com/classes/PregnancyToParenting.html> and mail along with your payment to:

Rice Education –Pregnancy to Parenting
Rice Memorial Hospital
301 Becker Ave SW, Willmar, MN 56201

***Cost:** \$50 for the complete Pregnancy to Parenting series, which includes three classes, *Gift of Motherhood* booklet, and a *Breastfeeding* booklet.
\$25 for the Express Series, which includes either the *Gift of Motherhood* booklet or the *Breastfeeding* booklet and one class.

Questions?

Please call 320-231-7800 and ask about **Childbirth Education Classes.**

Community Resources:

Kandiyohi County Health and Human Services 320-231-7800
Certified Lactation Specialists (CLS)
www.co.kandiyohi.mn.us/depts/PublicHealth

Jeanette Jacobson, Childbirth Educator
320-905-3284

Rice Memorial Hospital 320-231-4420
Obstetrical Nurses and Lactation Information

WIC: Women, Infant, and Children Nutrition Program provides

- Nutritional Education
- Food Voucher Packages

for eligible pregnant and breastfeeding women, infants, and children to age 5.
Call WIC at 320-231-7066.

These institutions are equal opportunity providers and employers



2017 Pregnancy To Parenting



A **Childbirth Education Series** designed to give you a variety of learning experiences.

Presented by
Rice Memorial Hospital
and
Kandiyohi County Health and Human Services Public Health

This program consists of three classes taught by experienced nurses

**Class #1
All About
Newborns**



**Learn about
and review:**

- newborn appearance and health concerns from a **local physician**
- car seat safety
- educational opportunities for you and your newborn
- relaxation breathing

**Class #2
Breastfeeding**



**Learn about
and review:**

- benefits of breastfeeding
- how to breastfeed
- breastfeeding after you return to work
- common concerns

**Class #3
Preparing for
Delivery**



**Learn about
and review:**

- when to go to the hospital
- medication used during labor
- relaxation and breathing
- tour the Women and Children's Unit and Birthing Suites at Rice Memorial Hospital

Other great online resources to prepare for parenting:

www.familydoctor.org

www.acog.org

www.aap.org

www.nhtsa.org

www.llli.org

www.cdc.gov/breastfeeding

www.breastfeeding.com

Search for patient information
American Academy of Pediatrics
Car Seat Safety
La Leche League International
Centers for Disease Control



Classes will be held on Tuesdays at Rice Memorial Hospital in the Lakeland Auditorium 6pm to 8:15pm

Class Schedule

**Note: Classes may not land on consecutive Tuesdays*

January 2017

January 10 All about Newborns
January 17 Breastfeeding
January 24 Preparing for Delivery

March 2017

March 7 All about Newborns
March 14 Breastfeeding
March 21 Preparing for Delivery

***May 2017**

May 2 All about Newborns
May 16 Breastfeeding
May 23 Preparing for Delivery

July 2017

July 11 All about Newborns
July 18 Breastfeeding
July 25 Preparing for Delivery

September 2017

September 12 All about Newborns
September 19 Breastfeeding
September 26 Preparing for Delivery

November 2017

November 7 All about Newborns
November 14 Breastfeeding
November 21 Preparing for Delivery