



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

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



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2018 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
- comfort techniques in labor

**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.nhtsa.org

www.llli.org

www.cdc.gov/breastfeeding

www.breastfeeding.com

www.healthychildren.org

Search for patient information

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

January 2018

January 9

All about Newborns

January 16

Breastfeeding

January 23

Preparing for Delivery

March 2018

March 13

All about Newborns

March 20

Breastfeeding

March 27

Preparing for Delivery

May 2018

May 15

All about Newborns

May 22

Breastfeeding

May 29

Preparing for Delivery

July 2018

July 10

All about Newborns

July 17

Breastfeeding

July 24

Preparing for Delivery

September 2018

September 11

All about Newborns

September 18

Breastfeeding

September 25

Preparing for Delivery

November 2018

November 6

All about Newborns

November 13

Breastfeeding

November 20

Preparing for Delivery