



The following options are available for registration:

1. **Register online** using a major credit or debit card at:
<http://www.ricehospital.com/care-services/birth-suites/pregnancy-to-parenting/>

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/care-services/birth-suites/Pregnancy-To-Parenting.html> and mail along with your payment to:

Rice Education – Pregnancy to Parenting
Carris Health - 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, and additional breastfeeding classes and support.**

Community Resources:

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

Carris Health – 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



CarrisHealth
Rice Memorial Hospital
CENTRA CARE

2019

Pregnancy To Parenting



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

Presented by
Carris Health – 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 pediatrician**
- car seat safety, baby dental health and early learning
- 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
Carris Health – Rice Memorial Hospital
Lakeland Health Center
Lakeland Auditorium
6pm to 8:15pm

Class Schedule

January 2019

January 8

All about Newborns

January 15

Breastfeeding

January 22

Preparing for Delivery

March 2019

March 5

All about Newborns

March 12

Breastfeeding

March 19

Preparing for Delivery

May 2019

May 7

All about Newborns

May 14

Breastfeeding

May 21

Preparing for Delivery

July 2019

July 9

All about Newborns

July 16

Breastfeeding

July 23

Preparing for Delivery

September 2019

September 10

All about Newborns

September 17

Breastfeeding

September 24

Preparing for Delivery

November 2019

November 5

All about Newborns

November 12

Breastfeeding

November 19

Preparing for Delivery