Mothers-to-be will benefit from attending this four-part childbirth education class. Mothers-to-be are encouraged to bring a support person and to attend the class three months before their due date. The class is held on Saturday and will consist of the four sessions shown below. Classes include a tour of MercyOne’s Birthing Center. Cost is $20. Light breakfast and lunch provided.

**Childbirth Education Course Content**

**Healthy Expectations of Pregnancy**
Pregnancy: physical changes, healthy lifestyle choices, discomforts and warning signs.

**On Your Way**
The labor process: pre-term labor, false labor, when to call the doctor, what to expect when you arrive at the hospital, pain management, breathing techniques, support person's role.

**The Big Day**
The delivery process: realistic expectations, birthing equipment, pushing, delivery of your baby, delivery recovery, your baby's first hours of life, first bath, cord and circumcision care.

**Life Together**
Life with baby: first feedings, rooming in, baby care, car seats, home safety, SIDS prevention, hospital tour.

Registration is required. Please call 563-244-3917 to register and for more information.

---

**Childbirth Prenatal Classes**
Classes are Saturdays, 9 a.m. to 2 p.m.
- January 18, 2020
- March 7, 2020
- May 2, 2020
- July 25, 2020
- September 26, 2020
- November 7, 2020
Cost: $20

**Breastfeeding Classes**
Classes are Mondays, 6:30 to 8 p.m.
- February 10, 2020
- April 13, 2020
- June 15, 2020
- August 17, 2020
- October 19, 2020
- December 7, 2020
Classes are FREE

**Classes meet at**
MercyOne Clinton Medical Center
North Campus
Conference Room A

**Educators:**
- Amber Herzmann RNC–EFM, CLC
- Tonya Perkins RNC–EFM
- Taylor Ruchotzke BSN–EFM, CLC
- Lindsey Tyler BSN, RNC–EFM

---

MercyOne Medical Center Clinton
1410 North 4th Street
Clinton, IA 52732
563-244-5555

MercyOne.org/Clinton