

Childbirth Education

*You're having
a baby.*

Fear and apprehension about childbirth are normal for both first-time parents and those with children at home.

Education can ease many of those fears. Valley County Health System's childbirth education course will answer your questions and help you approach labor and delivery with confidence.



at VALLEY COUNTY
HEALTH SYSTEM

**VALLEY COUNTY
HEALTH SYSTEM**
217 Westridge Drive, Ord, NE 68862
www.valleycountyhospital.org
308-728-3211





*My body knows just what to do.
My baby grows just as it should be.*

—Penny Simkin

Why should I take a childbirth education class?

Our class will give you a better idea of what to expect during labor so when the time comes, you'll understand what's happening. Less fear means you'll have a more relaxed and memorable experience.

You'll also have the opportunity to ask questions about pregnancy, labor, childbirth, breastfeeding and caring for your new baby that you may be worrying about.

Finally, the class will give your partner a chance to learn about his role during the delivery and allow him to play an active role in your pregnancy.

What topics will be covered?

Anatomy

Learn about the female abdomen and pelvis and how they accommodate a growing baby.

Discomforts of pregnancy

Breast changes, fatigue, nausea, frequent urination, heartburn, difficulty sleeping, swelling and aches and pains to name a few.

Pre-labor, false labor and the real thing

Learn how to recognize the signs of true labor and decide when to go to the hospital.

Stages of childbirth

Early labor, active labor, transition, birth and delivery of the placenta.

Pain control

Active relaxation, breathing techniques and medications.

Caesarean delivery

Learn when a Caesarean is needed and what to expect if your baby is delivered surgically.

Newborn characteristics

Newborns can have some peculiar characteristics. Find out what is normal.

Breastfeeding

The basics of breastfeeding.

When should I take the class?

Ideally, you and your partner or coach should take this class in your sixth or seventh month of pregnancy.

Our classes are offered for individual couples or groups.

We also offer a refresher course for those who have experienced giving birth.

What is the cost?

Valley County Health System's childbirth education classes are free to anyone who is expecting regardless of where you choose to deliver your baby.

How do I sign up?

To sign up or learn course dates and times, call scheduling at 308-728-4249.

