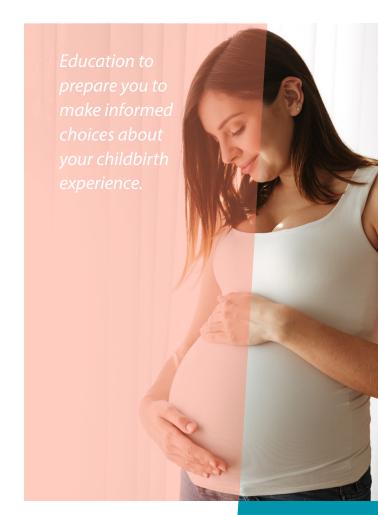


Childbirth Classes





2500 Fairway Street Dickinson, ND 58601 (701) 456-4729 CHIStAlexiusHealth.org





Childbirth Classes

Childbirth Classes are designed to empower women and their families with knowledge about childbirth. We offer education to prepare you to make informed choices about your childbirth experience. CHI St. Alexius Health Dickinson has Licensed Certified Childbirth Educators in our Childbirth Classes.

Our classes are held monthly depending on interest; there may be several classes lasting 2-3 hours, or a one-day class lasting 7-8 hours.

The classes will cover:

- Pregnancy, labor, birth, postpartum and babycare
- Comfort techniques
- Pain management including epidurals
- Breastfeeding
- Tour of the labor and delivery and postpartum rooms

At CHI St. Alexius Health Dickinson, we feel every birth has a profound effect on mothers and their families. Mothers having a second child can also benefit from our classes, as every birth experience is different. We want to prepare you for a memorable birth experience.

To register for our classes, fill out the registration form and return it to the Obstetrics Department. **Please register 3-4 months before your due date.** We will send you a letter informing you of session times and dates.

You will get a confirmation letter, session fee is \$40 and is due at the time of class.

Childbirth Classes Registration Form

Date
Name
Partner
Address
Phone
Email
Doctor's Name
Due Date
If known, gender of baby: O Girl O Boy
Is this your first baby? O Yes O No
Is there anything else you would like to tell us about your pregnancy?
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I would like to register for:

- O Childbirth Classes (includes Breastfeeding Classes)
- O Breastfeeding Classes only

Please mail registration form to: CHI St. Alexius Health Dickinson Attn: Obstetrics 2500 Fairway Street Dickinson, ND 58601