

Childbirth Classes

*Education to
prepare you to
make informed
choices about
your childbirth
experience.*



**CHI St. Alexius
Health**
Dickinson Medical Center

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 baby care
- 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: Girl Boy

Is this your first baby? Yes No

Is there anything else you would like to tell us about your pregnancy? _____

I would like to register for:

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

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