



Anderson Regional Birth Center is committed to providing quality health care for you and your baby. The childbirth education

program at Anderson Regional Birth Center is designed to prepare you and your family for the birth and parenting of your new child. Remember to ask your nurse how to register your newest addition on the Web Nursery, our website that posts your child's picture within one week of birth. With your permission, we take a picture of your newborn to post at [www.andersonregional.org](http://www.andersonregional.org) for all your family and friends to see!

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**ANDERSON**  
*Regional Birth Center*  
2124 14th Street  
Meridian, MS 39301

 **ANDERSON**  
*Regional Birth Center*

## **Childbirth Classes** *2018 Schedule*



## 2018 Childbirth Classes

Classes offered by Anderson Regional Birth Center are complimentary to those planning to deliver their baby at Anderson Regional Medical Center. Each class lasts approximately two hours. One session will include a tour of the labor, delivery and recovery rooms. Tours can be scheduled on Monday or Thursday from 2 p.m. to 6 p.m. All pre-scheduled tours will feature a nurse and are subject to change if any of the rooms are not available for inspection.



Find out more today! Visit our website: [www.andersonregional.org](http://www.andersonregional.org). Call to schedule your class! 601.553.6123. \*Note: All classes are held in the Maternal/Newborn Education Center located on the first floor of the hospital and adjacent to Anderson Regional Birth Center. Convenient parking is available.

## Breastfeeding

Breastfeeding is the absolute best way to feed your baby because breast milk offers a lifetime of health benefits for both mom and baby. This class provides information for parents to learn the most current info and techniques for a successful breastfeeding experience. Choose one class:

**Mondays**  
**6 p.m. - 8 p.m.**

- (Moms & Dads)*
- February 5
  - April 2
  - June 11
  - July 23
  - September 17
  - November 12

**Tuesdays**  
**10 a.m. - noon**

- (Moms Only)*
- February 6
  - April 3
  - June 12
  - July 24
  - September 18
  - November 13

## Childbirth

As your special event approaches, you may have many questions about the labor and delivery process. These classes cover topics such as the discomforts of pregnancy, stages of labor, coping strategies, anesthesia options, surgical interventions, recovery care and more. Choose one series of three class sessions:

**Mondays**  
**6 p.m. - 8 p.m.**

- January 8, 15, 22
- March 5, 12, 19
- May 7, 14, 21
- June 25, July 2, 9
- August 13, 20, 27
- October 15, 22, 29

## Newborn Care

This class is designed to give you, as a new parent, the confidence needed to care for your wonderful baby! Everything from normal newborn behavior and characteristics at delivery to practical advice for daily care is included in this session. Choose one class from the dates below:

**Mondays**  
**6 p.m. - 8 p.m.**

- January 29
- March 26
- June 4
- July 16
- September 10
- November 5

## Infant CPR

This class is provided by an experienced nursery nurse and is designed to give new parents, as well as other caregivers, the basic information on what to do in emergency situations that might require the skills of infant CPR. Choose one class from the following:

**Mondays**  
**6 p.m. - 8 p.m.**

- February 12
- April 9
- June 18
- July 30
- September 24
- November 19

## Breastfeeding Support Group

Our Breastfeeding Support Group is a great way to connect with other breastfeeding moms for encouragement and support from the Lactation Consultants. The group meets at 10 a.m. on the first and third Wednesdays of each month in the Lactation Center, located near the Birth Center. Call 601.553.6034 for more information.



## Big Brother Big Sister

There are many important lessons for big brothers and sisters to learn before that wonderful baby arrives. This class will help introduce your child (ages 12 years and under) to the upcoming changes in the family. Choose one class from the dates below:

**Mondays**  
**6 p.m. - 8 p.m.**

- January 29
- March 26
- June 4
- July 16
- September 10
- November 5