



GOVERNMENT OF BERMUDA

Ministry of Health

Department of Health

CHILDBIRTH EDUCATION CLASSES: FEBRUARY 2012

**VENUE: Department of Health
67 Victoria Street
Hamilton HM12**

| DATE | TIME | TOPICS |
|-----------------------------|---------------------|--|
| SATURDAY FEBRUARY 4 | 11 AM - 1 PM | Pregnancy / Relaxation & Breathing Techniques, Comfort Measures / Stages of Labour/ Role of Dads-To-Be |
| SATURDAY FEBRUARY 11 | 11 AM - 1 PM | Comfort Measures / Pushing Positions/ Medical Interventions / Pain Medications Caesarean Birth / Delivery Video |
| SATURDAY FEBRUARY 18 | 11 AM - 1 PM | Postpartum / Newborn Procedures / Newborn Care/ Returning to Work/ Review |
| SATURDAY FEBRUARY 25 | 11 AM - 1 PM | Breastfeeding *Please bring a doll |
| SATURDAY MARCH 3 | 2 PM | Tour of Maternity Ward. One coach is welcome to accompany you. Please meet in the Lobby @ 1:45 PM |

It's FUN, EDUCATIONAL ... And FREE!

All classes are taught by experienced health care professionals.

Loose, comfortable and practical clothing is suggested for floor exercises and techniques. It is our goal to promote the well-being of mothers and their babies.

Ensure you have a healthy pregnancy! Come and have fun! Bring a coach and learn new things together for yourself and your baby!

Do you have questions? To register, contact – **Debora Oriol, RN, CHN @ 332-8910 / dloriol@gov.bm**

IMPORTANT: ALL CLASSES must be attended to qualify for the tour of Maternity Ward and Certificate