

**Purpose:** To educate expectant parents about what to expect during labor and delivery and to familiarize them with newborn characteristics and care.

**Time:** 9:00 AM to 3:00 PM

**Length:** 1 day

**Day:** Saturday

**Cost:** \$60.00  
payment required at time of registration

**Location**

Bayside Health Association  
1535 Savannah Road  
Lewes, DE 19958

**Questions regarding class contact**

Carrie S. Keane, RN, CNM  
302-645-4700 x345

**Register by 28 Weeks Pregnant  
as Classes Fill Quickly!**

**Block I**

Timing Contractions  
Pain Management/Relaxation  
Birth Plans  
Cesarean Section  
Hospital Visiting Policy  
What to Bring?

**Lunch on your Own**

**Block II**

Breast Feeding/Video  
Hospital Tour  
Overview  
Video Postpartum Care

<b>Registration Form</b>
<b>Payment Required prior to Class</b>
Name: _____
Address: _____
Phone: _____ Coach's Name: _____
Previous Childbirth Class: Yes or No Due Date: _____
Children: Yes or No If yes, ages _____
Payment: _____ (Check, Cash or Credit Card)

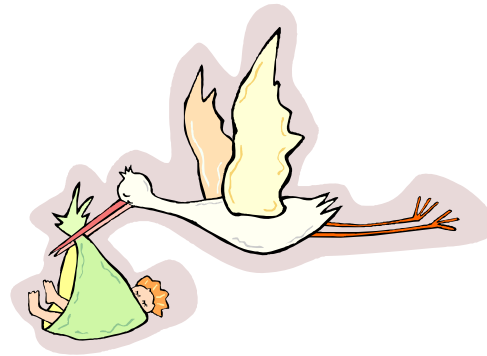


*Labor*

*Birth*

*&*

*Beyond...*



*Childbirth Education*

*Caring for the Community since 1988*

*[www.baysidehealth.com](http://www.baysidehealth.com)*