



Childbirth Education Classes

Class Outline

- Class 1** Labor Basics: Anatomy and physiology
Stages of labor
Early and Active Labor
Instructor: PDH OB staff
- Class 2** Relaxation and Breathing
Instructor: Jaye Bruce, Healthy Touch
- Class 3** Preterm Labor
Transition
Pushing/ Positions
Medical Pain Management
Instructor: PDH OB staff
- Class 4** Interventions in Labor
Back labor
Cesarean Section
Hospital Tour
Birth Plans
Preregistration
Instructor: PDH OB staff
- Class 5** Postpartum Home Care
Newborn Care
Infant Safety
Instructor: PDH OB staff
- Class 6** Breastfeeding
Infant Car Seat Safety
Instructors: Lori Pini, Plumas County Health Services
PDH OB staff
- Class 7** Infant CPR
PDH staff: Peter Beck and Cheryl Pini



When: Wednesdays

Time: 7-9 pm

Location: North Fork

Family Medicine Lobby

Cost: \$50

2010 Class Offerings

January 20th-March 3rd

March 31st-May 12

June 9th-July 21st

August 18th- September 29th

Sign-up for
classes at:

North Fork Family
Medicine

530-283-5640