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Birth classes are offered at Hazel Hawkins Memorial Hospital through their Childbirth Education Program. All classes are offered on a monthly basis. To register, please call (831) 245-7893 or you can e-mail the instructor Lisa Robinson at lisamarierob@yahoo.com.

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Dates listed are the first day of each session.

All classes begin at 6:30 p.m. and are held in the Board Room at Hazel Hawkins Hospital.

Classes in English:

- February 24
- March 31
- May 5
- June 9
- July 14
- August 18
- September 22
- October 27
- December 1

Classes in Spanish:

- February 26
- April 2
- May 7
- June 11
- July 16
- August 20
- September 24
- October 29
- December 3

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- Taught by RN's.
- Each session is 4 consecutive weeks.
- Cost is \$65 for the 4 week session.
- Includes tour of Birthing Center.

- Register with your doctor during your 2nd trimester to start classes between your 28th and 32nd week of pregnancy.
- Bring check or cash payment to your first night of class. Credit Card payments can be processed at the front desk.
- Moms can bring a pillow if needed for sitting comfort.
- Wear comfortable pants that allow freedom of movement.
- Water and light snacks will be provided.

Course Description

Learning about childbirth topics in a fun, comfortable and respectful class environment is the goal of the Childbirth Education Program at Hazel Hawkins Hospital.

Expectant parents will be introduced to the basics of nutrition during pregnancy, signs of preterm labor, onset and states of true labor, pain theories and comfort measures. You will also learn breathing and relaxation techniques to assist you during the labor process. Possible medical interventions such as induction, pain medications, epidural and caesarean section will be presented.

Newborn appearance, standard newborn procedures following birth, cord blood banking and breastfeeding basics are part of this comprehensive course that will help you feel more confident as you approach your special day when you bring your precious child into this world.