



Healthier beginnings start with you.

Infant CPR Class

This class is designed for parents, caregivers, and others who want to learn basic CPR and choking rescue skills for infants.

Mondays, 6—8 pm

Broadway Room (formerly Conference Room A/B)

January 14	April 15
August 19	November 18

NEW! Sibling Class

This class is designed to help big brothers or sisters adjust to a new baby in the family. Talking about what it means to be a big brother or sister helps them explore the new feelings they are experiencing. Mom is encouraged to schedule the class nearest to her due date. An adult must accompany the child.

The class will include:

- A tour of the Family Birth Center, to see where baby will be born
- Lessons in holding a baby and helping take care of “their” new baby

Saturdays, 9—11 am

Broadway Room (formerly Conference Room A/B)

April 6	October 5
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Prepared Childbirth Class

CONDENSED ONE-DAY CLASS:

This one-day session class is designed for busy people who cannot attend a comprehensive childbirth class. It offers an overview of the basics of childbirth and some essential techniques to practice at home to prepare for labor and delivery. You will receive a tour of the birthing area and obstetric unit.

Topics include:

- The process of labor and birth
- Comfort measures (including relaxation and breathing techniques)
- Birth options, medications and anesthesia

Saturdays, 9 am—3 pm

Broadway Room (formerly Conference Room A/B)

One-day session

January 19	March 17
May 18	July 20
September 14	November 16



Breastfeeding Class

This class will help you and your partner understand the breastfeeding process and increase your confidence in breastfeeding. We strongly encourage you to bring your spouse, birthing partner, your mother or other supportive friend.

Topics include:

- Benefits of nursing for you and baby
- Separating facts from myth
- The basics of breastfeeding
- Supporting the breastfeeding woman
- Returning to work and school
- Resources at Logansport Memorial Hospital and in your community
- Support person’s role in the breastfeeding relationship

Tuesdays, 6—8 pm

Broadway Room (formerly Conference Room A/B)

January 15	March 12
May 21	July 16
September 10	November 19

Saturdays, 9—11 am

Broadway Room (formerly Conference Room A/B)

April 13	October 12
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Prenatal Classes

2019

There is no class fee for mothers planning to deliver at Logansport Memorial Hospital.

To register for a class, call 574.753.1488.

Our classes are now being offered in Spanish.

When you call to register, please let them know you will need a translator for your class and we will have one available.

