



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

Family Education Center (OB Classroom)

January 11	April 12
August 16	November 15

Baby Basics for the Family

Bringing home a new baby is an adjustment for everyone, especially children who are welcoming a new sibling. This class is designed for the whole family, and will offer tips and techniques for parents as well as lessons for children on how to be prepared for the arrival of a new baby.

Saturdays, 9—11 am

Family Education Center (OB Classroom)

April 10	October 9
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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

Family Education Center (OB Classroom)

One-day session

January 16	March 13
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May 15	
<i>Breastfeeding class to follow from 3—5 pm</i>	

July 17	September 18
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November 13	
<i>Breastfeeding class to follow from 3—5 pm</i>	

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

Saturdays, 3—5 pm on May 15 and Nov 13

Family Education Center (OB Classroom)

January 12	March 16
May 15	July 13
September 14	November 13

Prenatal Classes

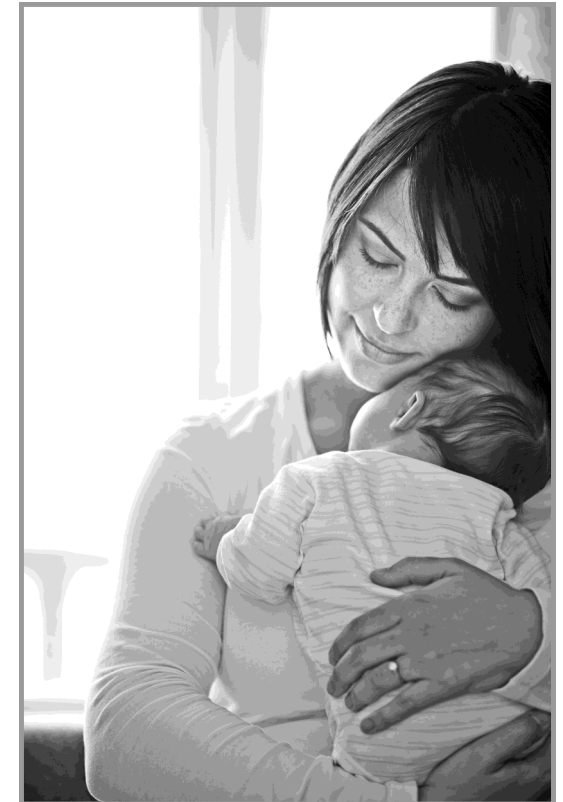
2021

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

To register for our prenatal classes, please call 574.753.1705.

Classes can be offered in Spanish upon request.

When you call to register, please let them know you will need a translator for your class and we will have one available. If a translator is unavailable, classes may be scheduled as one-on-one sessions for proper interpretation services.



LOGANSPORT
Memorial
FAMILY BIRTH CENTER

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HOSPITAL

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Logansport, IN 46947

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