

For new parents, pregnancy can be both joyful and overwhelming. So many things are new and unknown. How do you know where to go, and who to ask to get all of your questions answered?

### ***Prenatal classes can help.***

Prenatal classes, like those provided here at Logansport Memorial Hospital, provide a friendly, welcoming environment where knowledgeable instructors can address all of your questions and concerns. These classes will also give you a chance to learn what to expect and how to best prepare yourself for the ups and downs of pregnancy and taking care of your new baby once you go home.

Prenatal classes are not just for first-time parents. Even seasoned parents or grandparents who may step into a caregiving role can learn something new.



Our goal in these classes is to help you feel prepared and confident as you get ready to bring your new baby into the world. ***We'll be here with you, every step of the way!***



1101 Michigan Avenue  
Logansport, IN 46947  
574.753.7541  
[www.logansportmemorial.org](http://www.logansportmemorial.org)



**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.

# ***Prenatal Classes***

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# ***2022***

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All prenatal classes (except for the Babysitting Class) take place in the **FAMILY EDUCATION CENTER**, just off the elevators on the second floor of Logansport Memorial Hospital.

## Prepared Childbirth Class

This one-day session 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**

*One-day session*

January 15	March 12
May 14	July 16
September 17	November 12

## 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**

January 11	March 15
May 17	July 12
September 13	November 15

*If a date and time for one of the classes does not work for you, please let us know and we can work with you to find something that better fits your schedule.*

## Infant Safety Class

Two of the most important ways to keep your newborn or infant safe is by understanding basic CPR, and the importance of safe sleep. Parents, grandparents, and anyone who wants to learn how to perform CPR on infants up to 1 year of age. You'll be taught how to perform CPR on an infant and practice on a mannequin for hands-on instruction.

### Other safety topics include:

- SIDS Awareness and the importance of a safe sleep environment
- Accident prevention in the home, including pool safety
- Poisoning prevention
- Laws regarding car seat safety

**Mondays, 4—6 pm**

January 10	April 11
August 15	November 14

## Babysitting Class

### Held at RIVERSIDE PARK in Logansport

This class will focus on preparing participants to supervise, care for, and keep children and infants safe in babysitting settings. Topics covered include fire safety, police safety and security, water safety, weather preparedness, general childcare, safety and basic first aid, and CPR. **Each class is limited to 30 participants.**

**8 am—4 pm**

**\$10 per participant; Lunch provided**

Thurs, June 9	Thurs, June 30
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