

Childbirth Preparation Class

Expectant parents will be taught the stages of labor and childbirth and learn relaxation and breathing techniques in this small group class with nurse practitioner Nancy Canty, IGO's Childbirth Educator.



Discussion topics will include:

- ◆ Fetal development and changes as your body prepares for birth.
- ◆ Signs and stages of the labor process.
- ◆ Breathing and relaxation techniques.
- ◆ Communication and coping skills for you and your labor coach.
- ◆ Types of deliveries and hospital procedures.
- ◆ Questions are welcome!

“This class will provide the self-confidence to feel comfortable and prepared for the birth of your baby.”

Where: At the IGO Medical Group office.

When: Four consecutive Thursdays from 6 to 7:30 PM. Ask for the upcoming dates.

Cost: \$75 per family (Mom and coach are encouraged to attend).

Registration: Sign up for a class by stopping by the IGO front desk or by calling 858-455-7520.

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