

**FREE Monthly Classes
at Sheridan Memorial Hospital
1401 West 5th Street**



Sheridan Memorial Hospital
Women's Health & Pediatrics
1401 West 5th Street
Sheridan, WY 82801
307.672.1110
sheridanhospital.org

Prenatal Class

6-8pm on the **FIRST** Monday of every month held in Conference Rooms A & B on the lower level -- enter through the hospital's main entrance or park in the back parking lot and enter through the cafeteria entrance.

Breastfeeding & Newborn Care Class

6-8pm on the **THIRD** Monday of every month held in the Medical Staff Conference Room on 3rd Floor -- enter via hospital's main entrance.

Register for classes at Sheridan Women's Clinic (307.672.2522) or through the hospital's Women's Health department by calling 307.672.1110.

In addition to the childbirth classes, we welcome you to use our department as a resource after your baby is born! We are available anytime during the day or evening during the day or evening seven days a week. Please give us a call if you have any questions or concerns:

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What are the benefits of taking a childbirth class?

According to Heidi Murkoff, author of *What to Expect When You're Expecting*, childbirth classes help prepare you for the arrival of your baby:

"It takes the mystery out of it. Information is empowering, and what you don't know can scare you more than it should.

A good [class] can teach you about pain relief, demystify hospital procedures, and provide a forum for questions you forgot to ask your OB-GYN. And then there's Dad: taking a class helps him feel less left out."

~Heidi Murkoff

What to Expect When You're Expecting

Childbirth Prenatal Classes

*Helping parents prepare
for the birth of their baby*

Prenatal/Birthing
Breastfeeding
Newborn Care



*Welcoming your baby into the
world is one of the most important
moments in your lifetime.*



sheridanhospital.org

We're Here to Help You

Having a baby can be overwhelming. We are here to help you and answer to your questions about labor, birthing, and breastfeeding. We will also talk about common fears, concerns, problems and myths surrounding the wonder of childbirth.



What to Ask the Pediatrician

A pediatrician will be available during the breastfeeding class to answer any questions you may have. Some of these topics may include:

- Jaundice
- Circumcision
- Vaccinations
- Basic newborn care



As caregivers, we want to help you have the very best start with your baby. The better prepared you are for the birth of your baby and the more you know about breastfeeding, the more likely you will be able to relax while enjoying your new baby.

Classes are free and recommended for parents expecting their first baby and as a refresher class to those parents expecting again. Both partners are encouraged to attend all classes.

Prenatal

In our prenatal class, a nurse will walk you through the stages of labor, vaginal and cesarean delivery process, and post-partum care. A tour of our birthing unit is included as part of the class and provides a wonderful opportunity to meet some of our compassionate, caring staff. We will talk about:

- When to come to the hospital
- What to bring to the hospital
- Signs of labor
- Pain management
- Fetal monitoring
- Cervical exams
- What to expect from nurses during labor
- Post-partum care

Breastfeeding & Newborn Care

A lactation counselor will teach the basic skills of breastfeeding to help you feel more confident and be more successful in your breastfeeding abilities. A pediatrician is present to answer questions you may have.

- Advantages of breastfeeding
- Breastfeeding basics
- Breast pumps and storing breast milk
- Positioning
- Proper latch-on
- Car seat safety
- Pediatrician Q & A

