

Expecting a BABY? *Congratulations!*

What people have said about our classes:

I've watched birth shows on TV for years and thought. 'I know it all' but wow, this class taught me so much.... I recommend this class to all new moms and their companions.

I felt very welcomed, it was a friendly environment, and I felt comfortable to ask any question.



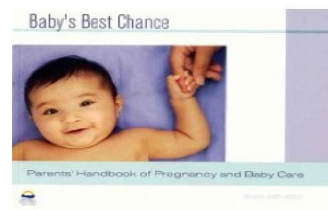
We would like to connect with you to plan for a healthy pregnancy.

We invite you to register on-line:
<https://surveys.viha.ca/Checkbox/RFTSRegistration.aspx>

Call us (250-731-1315) or come to the Health Unit!

When you connect we will:

- give you free copy of book on pregnancy, childbirth, and baby care **Baby's Best Chance**



- Give you a **Pregnancy Passport**
- Talk to a nurse about safer sleep for you and babe the postpartum
- Discuss options for tailored supports like **Lunch Club Group** or home visiting

For more info about pregnancy, try these websites:

www.healthypregnancybc.ca
www.bestchance.gov.bc.ca
<https://www.healthyfamiliesbc.ca>



PRENATAL CLASSES 2019

Provided by Port Alberni Health Unit
Public Health Services

Tel: 250-731-1315

Preparation for Childbirth and Parenting



**Pre-Registration is Required:
Please call: 250-731-1315**

Classes are from 9:00am - 3:30pm on Saturdays at 4259-6th Ave in the morning and West Coast General Hospital, Meeting Room A in the afternoon.

- Try to come to a class that happens about one month before your due date.
- Your partner/support person is encouraged to attend.
- There is no fee;
- If transportation is an issue for you, please let us know as we may be able to help, please call!

In the morning we learn about...

- The difference between pre and true Labour—
When to stay home, go to the hospital or call.
- Stages of labour & birth
- Coping with Labour- non-pharmacological methods, relaxation techniques, being an effective support person.
- Medical options- common procedures, Caesarian birth, pharmacological pain management, assisted birth (vacuum, forceps)

In the afternoon...

- Have a hospital tour
- Learn how to feed your newborn and the benefits of breastfeeding
- Postpartum recovery for mothers
- Baby's first few days and weeks of life

PRENATAL CLASS DATES in 2019: On Saturdays 9:00-3:30

**January 12th
February 23rd
April 6th
May 25th
July 6th
August 17th
October 19th
November 30th**

