

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.



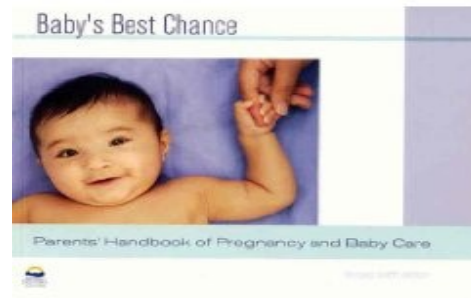
We would like to connect with you to plan for a healthy pregnancy.

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 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>
www.healthlinkbc.ca/babys-best-chance



PRENATAL Education Drop-in 2020

Provided by Port Alberni Health Unit
Public Health Services

Tel: 250-731-1315

Preparation for Childbirth and Parenting



Welcome to the Drop In
Prenatal Education Sessions

- 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!

You will learn the following:

Class 1:

- How do I know I'm in Labour?
- Stages of Labour and Birth

Class 2:

- Coping with Labour— non-pharmacological methods of coping, relaxation techniques.
- How to be an effective support person

Class 3:

- Medical options—Common procedures, Caesarian birth, pharmacological pain management, assisted birth

Class 4:

- Postpartum recovery for moms
- Newborn baby and breastfeeding

PRENATAL Education Drop In Sessions:

**Mondays (excluding stats.) from 3:00
to 4:00 PM starting January 13, 2020**

**Location: West Coast General Hospital
Room A**

