

The BirthPlace

Childbirth & Child Care Classes

Childbirth Education

Instructors teach soon-to-be parents everything there is to know about Lamaze and natural childbirth.

New Lamaze classes begin the **first Monday night of each month at 7:30 p.m.** and continue for four consecutive Monday nights. Prospective parents should begin the series on the first Monday night session. Classes are held at the Hospital in the Synergy Room and will be offered every other month. **Cost: \$40**

Brand New Sibling

Siblings learn how big a part they can play in caring for their new brother or sister. Children visit The BirthPlace facilities and learn everything from the importance of washing their hands to diapering and holding the baby.

First Wednesday night every other month, 7-8 p.m.
Classes are taught at The BirthPlace. **Cost: FREE**

Baby Basics

Get the most important tools for day-to-day child care! In this class, you'll learn everything from recognizing the signs and symptoms of illness to diapering, infant skin care, formula preparation, bathing and hygiene, cord care and much more. All infant caregivers are welcome.

First Thursday night every other month, 7:30-9:30 p.m.
Classes are taught at The BirthPlace. **Cost: \$10**

Breastfeeding 101

If you're considering breastfeeding or if you are a breastfeeding mom, you don't want to miss this class. This is your chance to learn the basics about breastfeeding and have your questions answered by our two International Board Certified Lactation Consultants. You'll be glad you came!

Third Thursday every other month from 7:30-9:30 p.m.
Classes are taught at Hugh Chatham Memorial Hospital. **Cost: \$10**

Lifesavers

Sign up now to learn lifesaving skills for infants and children. Instructors will train you in the basics of infant and child CPR and teach you valuable skills in child safety.

Second Thursday night every other month, 7:30-9:30 p.m.
Classes are taught at Hugh Chatham Memorial Hospital in the classroom. All classes are taught by certified obstetrical nurses. **Cost: \$10**

Pre-registration is required for all classes.

Scholarships are available for those that qualify. If you have any questions or want to register for classes, please contact us:

Phone: 336-527-7374

Fax: 336-526-5239

Email: obnurses@hughchatham.org

180 Parkwood Drive

Elkin, North Carolina 28621

HughChatham.org

No classes are taught during the month of December.



**Hugh Chatham
Memorial Hospital**