

Baby on the Way Childbirth Class



FREE CHILDBIRTH CLASS

This **FREE** class is offered to residents of the Wicomico Early Learning Center and Chipman catchment addresses through a Judy Center Grant.

Enjoy Refreshments and Door Prizes at each class!

CLASS SCHEDULE

Week 1

- Managing stress through relaxation
- Warning signs during pregnancy
- Introduction to the Childbirth Process

Week 2

- Stages of Labor: All those contractions!
- Pain theories and management

Week 3

- Medical interventions
- Stages of Labor: Birth, Afterbirth, Recovery

Week 4

- Postpartum
- Newborns & Breastfeeding

INSTRUCTOR

Ann Cuppett, MEd, ICCE
International Childbirth Association
Certified Childbirth Instructor

DATES AND LOCATIONS

Mondays, November 6, 13, 20 & 27
5:30-7:30pm

Chipman Elementary School
(Only for residents in
Chipman Catchment Area)
Contact Allison Ford
Family Service Coordinator
410-677-5814 or aford@wcboe.org

Tuesdays, November 7, 14, 21, 28
5:30-7:30pm

Wicomico County Early Learning
Center
(Only for residents in WELC
Catchment Area)
Contact Genienne Walter
Social Worker, Service Coordinator
410-677-5900 or gwalter@wcboe.org

Please use the contact information above to **preregister** for this FREE Childbirth Education Class series.

For more information, contact
Trina Tilghman Dix,
Program Coordinator
410-677-5250 ext 5303
trdix@wcboe.org

