

December 3, 2010  
FOR IMMEDIATE RELEASE  
CONTACT: DEBORAH ROBERTS PUGH  
(662) 377-3712

### CHILDBIRTH CLASSES SCHEDULED AT NMMC WOMEN'S HOSPITAL

TUPELO, Miss.—The North Mississippi Medical Center Women's Hospital is offering several educational opportunities for expectant parents.

The **Early Pregnancy Class**, which is recommended during the first five months of pregnancy, will be taught Wednesdays, Jan. 5-19. Classes meet from 6:30-8:30 p.m. and topics include physical and emotional changes, discomforts of pregnancy, nutrition, fetal growth and development, tests of fetal well-being and concerns about the newborn.

Two sessions of the six-week **Preparation for Birth** series, recommended at the beginning of the seventh month of pregnancy, are scheduled. Participants may register for classes offered Mondays, Jan. 3-Feb. 7, or Tuesdays, Jan. 4-Feb. 8. All classes begin at 6:30 p.m. Topics include labor and delivery, pain relief measures, Cesarean birth, care after delivery and caring for a newborn.

The **Preparation for Cesarean Birth** class is designed to prepare parents for a planned or repeat Cesarean delivery. The free class will meet from 6:30-8:30 p.m. Thursday, Jan. 6.

An intensive weekend **Lamaze course** will be offered from 9 a.m.-5 p.m. Saturdays, Feb. 5 and 12, for anyone who is short on time or has a conflicting work schedule. Lamaze classes provide information about natural pain relief options as well as epidural anesthesia. Participants also learn about breastfeeding and the early postpartum period, as well as healthy lifestyles for pregnancy and beyond.

After their seventh month of pregnancy, women are encouraged to plan a **pre-admission visit** to the hospital at 1 p.m. any Tuesday, Wednesday or Thursday. Information is provided about the hospital stay and transition from hospital to home, as well as a tour of the facility.

The **Breastfeeding Class** is designed for women who have chosen to breast-feed as well as for women who have not yet decided upon a feeding method. The class meets from 6-9 p.m. Thursday, Jan. 20.

The **Sibling Class**, designed to prepare children ages 3-9 for the arrival of a newborn, will be held from 10-11 a.m. Saturday, Jan. 15. Children are taught what a newborn looks like and does, as well as how they can help care for their new brother or sister.

A free **Grandparenting Class** is also offered Jan. 15 to discuss the unique role played by grandparents of a newborn. The class meets from 1-3 p.m.

To register or for more information on these “Wonderful Beginnings” classes, call the NMMC Women’s Hospital at (662) 377-4956 or 1-800-THE DESK (1-800-843-3375). For the entire 2010 childbirth class schedule, visit [www.nmhs.net/womens\\_hospital\\_beginnings.php](http://www.nmhs.net/womens_hospital_beginnings.php).

Parents and caregivers interested in registering for an **Infant CPR** class may call (662) 377-4934 or 1-800-843-3375. Infant CPR classes are taught at 4 p.m. Tuesday and Thursday.