



Birth & Beyond

CHILDBIRTH CLASS



Wednesday nights
May 22 & 29, 2024 5:30-8:30 p.m.
Coffey County Hospital Conference Room
Register at (620) 364-2121 Ext. 4410 or
online by using the QR code.

Enter through the Emergency Room entrance.
All parents and grandparents welcome!



Obstetrics Nurse Aubrea Baker and guest speakers will cover:

- Stages of labor
- Positions to help cope with labor
- Pain control
- Induction
- Breathing and relaxation techniques
- Support person's role
- Postpartum care
- Safe sleep
- Breastfeeding
- Infant and child CPR
- Infant choking
- And more!

Course materials are free.