



Labour and Birth Classes

- Changes and discomforts in late pregnancy
- Stages of labour and birth
- Relaxation and breathing
- Comfort strategies
- Ways for a support person to help
- Medical options
- Caesarean section birth

**Facilitated by Childbirth Educators*

Breastfeeding & The Early Days Class

Breastfeeding is a learned skill which is normal and natural. Come and learn about:

- Getting breastfeeding started well
- Latching and positioning your baby
- How support people can assist you
- Where to get help in the Comox Valley
- Parenthood
- Your baby's needs
- Protecting baby
- Preventing illness
- Soothing a crying baby

First Aid for Your Baby

- Infant choking
- Rescue breathing
- Infant CPR

To register for this class, please contact Mary MacLean by phone:
250-941-1215

or by email:
mary@westcoastfirstaid.ca

FREE Prenatal Classes in the Comox Valley

To ensure your space in the classes; call as soon as you know you are pregnant.
(250) 331-8562

For more information:
www.healthychildren.ca

Prenatal Classes are designed for pregnant women and their support person.

A woman never forgets her experiences in giving birth.

To help her have a positive and rewarding experience, a 'birth partner' - whether husband, lover, mother, friend, doula or other loved one - is invited to attend all prenatal classes to support the woman through the birth of her baby.



Hospital Tours

St Joseph's Hospital Tours are offered at 2:00pm on Fridays, staff permitting.

Please call on the Friday morning you would like to attend to ensure the tour is available that day.

Baby's Best Chance

An excellent pregnancy and parenting handbook is available to you.

Pick up your free copy of 'Baby's Best Chance' at:

Public Health Nursing
961 England Avenue, Courtenay



Prenatal educators serving the Comox Valley share a commitment to the philosophy...

"freedom of choice based on knowledge of alternatives"

Comments from class participants:

"Learning what to expect and having tools to cope"

"...provided my partner and I with support and knowledge"

"The instructors gave me confidence and put me in touch with other expectant parents."

"...a very nice and informal way to learn about the most important day of my life."

**Call: (250) 331-8562
to register today**