



## What we offer...

*You are invited to attend and learn about:*

### Early Pregnancy Class

- Important lifestyle decisions
- Physical changes
- Emotional changes/mental health
- Energy needs/key nutrients
- Dental health

*\*Facilitated by a Public Health Nurse*

### Breastfeeding 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

*\*Facilitated by a Lactation Consultant*

### 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*

### Newborn Class

- Parenthood
- Your baby's needs
- Protecting baby
- Preventing illness
- Soothing a crying baby
- Postpartum life
- Community resources

*\* Facilitated by a Public Health Nurse*

If you are interested in information pertaining to **vaginal birth after caesarean (VBAC)** please contact a Public Health nurse directly at (250) 331-8520

## 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](http://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.



## **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

## **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**