

THEDA CARE™  
ON CALL

Free nurse consultation available seven days a week to assist you in the home management of minor illnesses and injuries, help you find a physician, or enroll you in community education classes.

For more information call ThedaCare On Call™ at (920) 830-6877 or 1-800-236-2236.

*Educational Classes*  
FOR ALL PHASES  
OF YOUR PREGNANCY



FAMILY BIRTH CENTER AT  
APPLETON MEDICAL  
CENTER

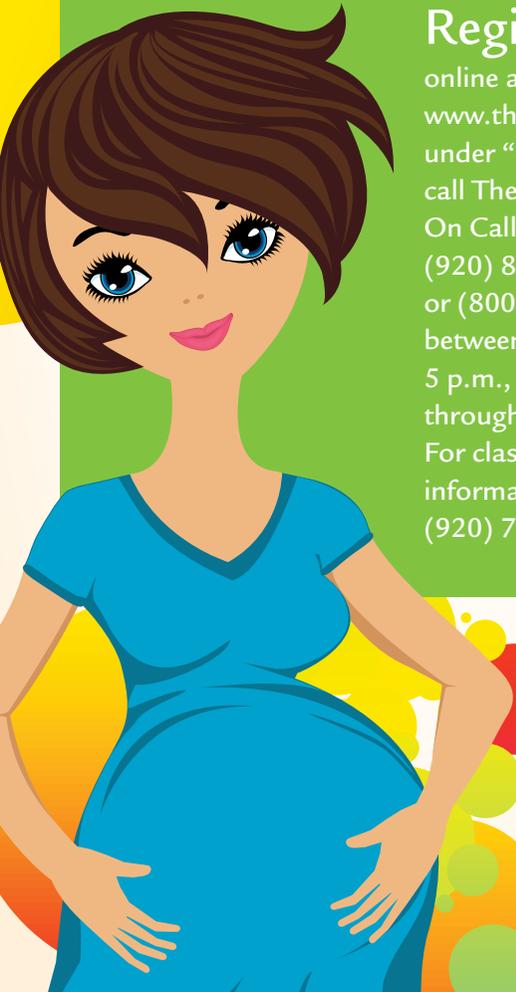
THEDA BIRTH CENTER AT  
THEDA CLARK  
MEDICAL CENTER

We're excited for you, and we're here to help you have the very best experience possible during your pregnancy, labor and birth, and adjustment to the new baby you're expecting.

**Caring for your baby** begins even before you know you're pregnant. We hope you'll make the Birth Centers your personal resource as you prepare for your baby's arrival. This brochure briefly describes the Birth Centers' programs for pregnant women, new mothers and their families.

## Register

online at [www.thedacare.org](http://www.thedacare.org) under "Classes" or call ThedaCare On Call at (920) 830-6877 or (800) 236-2236 between 8 a.m. and 5 p.m., Monday through Friday. For class scholarship information call (920) 729-2926.



# Educational Classes

AT APPLETON MEDICAL CENTER AND THEDA CLARK MEDICAL CENTER  
FOR ALL PHASES OF YOUR PREGNANCY

## Childbirth Preparation 4-Week Series

In this 4-week evening series, expectant couples will learn about pregnancy and birth. You will develop coping skills as you practice various comfort measures that include relaxation and breathing techniques. Topics include stages of labor, pain medication options, cesarean birth and postpartum care. A tour of the Birth Center is included. Fee: \$60 per couple

## Childbirth Preparation 1-Day Express Class

This Saturday class gives expectant couples birth information in a condensed format. You will learn about pregnancy and birth, comfort measures, breathing and relaxation techniques, stages of labor, pain medication options, cesarean birth and postpartum care. A Birth Center tour is included. Fee: \$60 per couple

## eLearning Childbirth Education - Gift of Motherhood

Conflicting schedules, traveling challenges or bed rest may prevent you from attending a conventional childbirth education class. This web-based childbirth eLearning allows you to learn at your own pace from the convenience of your home. Includes animated illustrations, videos, voice-overs and games. After payment you will receive a special code and book. Program is good for 90 days beginning with your first log in. Fee: \$60

## Childbirth Preparation REFRESHER Classes

Sharpen your skills! This 3-hour evening class updates your knowledge of labor and delivery, reviews your relaxation and breathing strategies, and focuses on how to prepare siblings for their new arrival. A Birth Center tour is included. Classes are offered quarterly at Appleton Medical Center and Theda Clark Medical Center. Fee: \$25 per couple

## Breastfeeding Preparation

If you are considering breastfeeding, this class will help you explore your options. You will learn about the basics of breastfeeding, breast care, proper positioning and latch, breast pumps, milk storage, and back-to-work strategies. Taught by lactation specialists. Fee: \$25 per couple

## Teen Pregnancy Program

Free educational series for expectant moms and their labor coaches. This Prepared Childbirth Program covers physical and emotional changes which occur during pregnancy and the special concerns teens have about birth and parenthood. Topics include health care for mother and baby, preparation for labor and delivery, relaxation and breathing techniques and suggestions on how to plan for the future. Call our confidential phone line, 735-7660, to register. No Fee

## Hello Brother, Hello Sister: Sibling Class and Tour

For siblings ages 3-9 who are anticipating a new brother or sister, this program features a Birth Center tour and is designed to help children welcome new life into their family circle. Fee: \$5.00 per child

## CPR for Family and Friends

Especially for you and others responsible for baby's care, this class teaches emergency measures for choking, cardiac arrest, and respiratory arrest in infants and children. Fee: \$15/person

## Mom & Me Club

Life with a newborn is intriguing. Network in a casual setting with other moms and hear guest speakers present topics relevant to new parents. Tending to the needs of your baby is encouraged. ThedaCare classes will be held weekly in the Birchwood Room at Appleton Medical Center on Mondays from 1-2:30 p.m. (except near holidays). A calendar of speakers can be found at: [www.thedacare.org](http://www.thedacare.org). Click on the following tabs: Programs and Services, Pregnancy & Birth, Classes/Support Groups, Mom & Me Club. No fee. Registration not required.

## Does This Baby Come with a Handbook?

Explore common questions and issues that arise in the first months with your new baby. Learn about care and feeding, first visits with the doctor and when to worry, when to react and when to relax. Join us for a half-hour "meet & greet" after the presentation - it's a great opportunity to get to know the physician! Contact ThedaCare On Call for class dates and registration. Individual registration required. No Fee

AMC and TC curriculums are identical with the exception of the tour.

## Birth Center Tours

Family Birth Center at Appleton Medical Center offers scheduled tours Mondays at noon, Thursdays at 5 p.m. and Saturdays at 9:30 a.m. To register call (920)738-6546.

Theda Birth Center at Theda Clark Medical Center offers scheduled tours Tuesdays at 5 p.m., Thursdays at noon and Saturdays at 11 a.m. To register call (920) 729-2080.