

Otsego Memorial Hospital • Journey to Parenthood

Childbirth Preparation

Expectant parents begin their journey to parenthood by learning what to anticipate during their pregnancy, labor, delivery and continuing through caring for and feeding their newborn.

Topics include:

- Breathing and relaxation techniques
- Pain management
- Pregnancy “normals”
- What to expect at the hospital
- Labor & Delivery
- Post-partum care
- Infant care and feeding
- Breastfeeding

A tour of the OMH Birthing Center is included with the Gaylord classes.

Class details:

- An all-day class is held on Saturday mornings from 9:00am – 3:30pm
- Registration is encouraged by the 20th week of pregnancy
- Classes are taught by experienced OMH Birthing Center nurses
- Partners/coaches are encouraged to attend
- **Cost is \$50**
- **Health Department vouchers are accepted**

Please register early for proper class placement.

Childbirth Preparation — Private Sessions

Occasionally circumstances surrounding a woman's pregnancy prevent her from attending the traditional childbirth preparation classes. For women delivering at OMH, **private sessions may be available by appointment for a cost of \$25.**

Call (989) 731-2111 for more information.

Breastfeeding Classes

This class is FREE. Offered several times throughout the year on **Wednesday** evenings, this class is included with the Saturday class. Mothers and their support partners will learn the benefits of breastfeeding, as well as milk production and proper mechanics of latching on. Class is taught by a Certified Lactation Consultant. Bring a baby doll or stuffed animal to class. Partners are encouraged to attend.



OMH Parent Education 2018 Schedule

Saturday Childbirth Preparation (All Day) - Cost: \$50 In Gaylord – 9:00am - 3:30pm

January 20	February 17	March 10
April 21	May 19	June 16
August 18	September 15	October 20
November 10	December 15	

*Health Department Vouchers are accepted.
Breastfeeding is included but takes place on a Wednesday night.*

Breastfeeding Class (Wed nights) - FREE In Gaylord – 6:30pm - 8:30pm

January 24	February 21	March 14
April 25	May 23	June 20
August 22	September 19	October 24
November 14	December 19	

Online Childbirth Preparation classes are also available - Cost: \$50

Please call (989) 731-2111 for more details or signup at:
www.myOMH.org/online-childbirth-preparation

Not covered by Health Department Vouchers.

Are you ready to sign up for a class? Visit:
www.myOMH.org/events

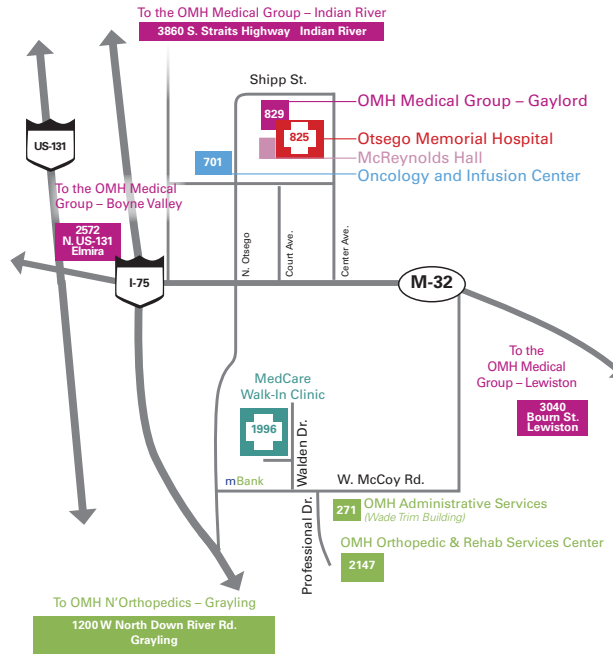


Important Notes

- Classes require pre-registration
- Financial assistance for childbirth education classes is available for those who qualify
- Classes are held in the OMH Classroom
- Parents with any special circumstances, please call (989) 731-2111



Campus Map



To register or for more information, contact the Parent Education Coordinator at (989) 731-2111 or gsmith@myomh.org

A schedule of classes may be found on the Events Calendar at MyOMH.org

Main Switchboard.....(989) 731-2100
 Toll Free(800) 322-3664
 Physician Referral(989) 731-2300

At our best when it matters most. 
 825 N. Center, Gaylord, MI 49735 | MyOMH.org

Otsego Memorial Hospital Journey to Parenthood



Parent Education

- Birthing Center Tours
- Breastfeeding
- Childbirth Preparation

Smoking is prohibited on OMH property.



OMH strives to provide a safe, clean, and healthy environment for all and is committed to serve as a model and leader in promoting the health and wellness of our community.

Thank you for helping us to maintain a smoke-free, healthy environment for everyone.

Where families are born. 



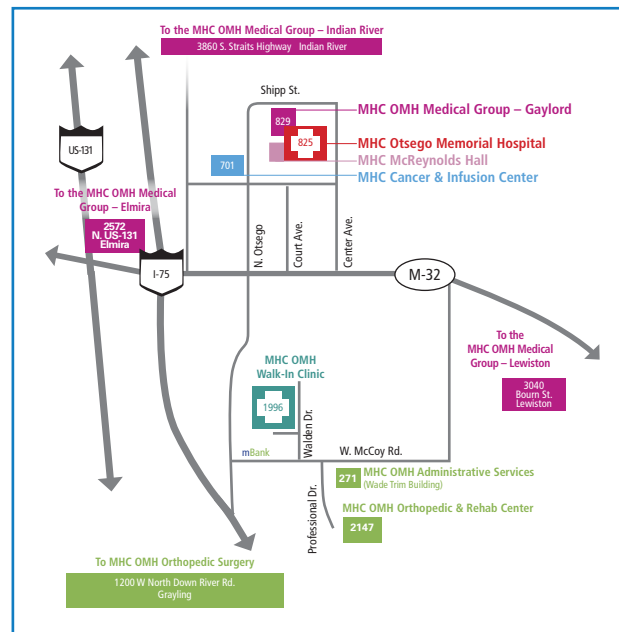
Important Notes

- Classes require pre-registration
- Financial assistance for childbirth education classes is available for those who qualify
- Classes are held in the OMH Classroom
- Parents with any special circumstances, please call **989-731-2154**

Smoking is prohibited on OMH property

OMH strives to provide a safe, clean, and healthy environment for all and is committed to serve as a model and leader in promoting the health and wellness of our community. **Thank you for helping us maintain a smoke-free, health environment for everyone.**

Maps and Information



To register, or for more information, contact the Parent Education Coordinator at **989-731-2154** or **mdubie@mhc.net**

A schedule of classes may be found on the events calendar at **munsonhealthcare.org/omh**

Journey to Parenthood

Parent Education



825 North Center Avenue,
Gaylord, MI 49735
989-731-2100

munsonhealthcare.org/omh

Español (Spanish)
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **231-935-6632**.

العربية (Arabic)
ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل برقم **2366-539-132**.



Ten Reasons to Take Childbirth Classes at OMH

1. Increase your chances for a healthy baby
2. Get support from healthcare providers and other pregnant women
3. Learn to make smart choices for you and your unborn baby
4. Learn to take care of yourself
5. Learn about your unborn baby
6. Plan now for your birth
7. You will have lots of questions as your body changes
8. Learn when to call your healthcare provider or the Otsego Memorial Hospital Birthing Center
9. Learn to take care of your body after delivery
10. Find out how to feed and take care of your newborn

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Parent Education 2019 Schedule

Saturday Childbirth Preparation (All Day) \$80 in Gaylord from 9 am - 3:30 pm

January 5	February 9	March 9
April 6	May 4	June 1
August 3	September 7	October 12
November 9	December 7	

Online Childbirth Preparation Classes \$80

Please call 989-731-2154 for more details.



Ready To Sign Up For A Class?

visit the events calendar at:
munsonhealthcare.org/omh