

# Healthy Beginnings

# healthier

## Classes and Services for New and Expectant Parents

### Childbirth & Parent Education Class

Free, four-week series of classes held on consecutive Tuesdays, 6-8 p.m.

#### WHAT YOU'LL LEARN

Learn how to prepare for labor, birth and early parenthood in a class with other expectant parents. You will explore your new role as a parent as well as the needs and activities of your newborn. Over the course of four weeks, we will cover the following:

- Body conditioning
- Relaxation and breathing techniques
- Signs of labor
- Labor and delivery
- Cesarean birth
- Postpartum issues
- Breastfeeding
- Medications and hospital procedures

A tour of the hospital is also included to help familiarize you with the labor and delivery area, and you can get your questions answered about your stay.

Whether you are expecting your first baby or third, the Childbirth & Parent Education class series will help you get ready for a memorable birth experience. Register online at [WilcoxHealth.org/Childbirth](http://WilcoxHealth.org/Childbirth).



### 2022 Childbirth & Parent Education Class Schedule

Jan. 4-Jan. 25

May 17-June 7

Oct. 18-Nov. 8

Feb. 15-March 8

July 12-Aug. 2

Nov. 29-Dec. 20

April 5-April 26

Aug. 23-Sept. 13

Tuesdays, 6-8 p.m.

### Breastfeeding Support Services and Consultation

\$50 per session (complimentary for families who deliver their baby at Wilcox Medical Center)  
Women & Infants' Health Center, 4th Floor

Breastfeeding your newborn is a very special experience. Learn about the benefits of breastfeeding, and the equipment, supplies, and specific techniques that will help promote successful breastfeeding. Our lactation specialist will provide one-to-one assistance to help get your breastfeeding experience off to a great start. Moms, dads, grandparents and babies are welcome to attend at the Women & Infants' Health Center on the 4th Floor of Wilcox Medical Center. Promoting successful breastfeeding and healthy beginnings is our goal at Wilcox Medical Center. Medela products are available at the gift shop.

### Hospital Tours

Hospital tours are available by appointment. Our childbirth educator will meet you in the lobby at the time of your scheduled appointment to lead you on a tour and answer any questions you have about having your baby at Wilcox Medical Center.

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MEDICAL CENTER 

CREATING A HEALTHIER HAWAII

Register for any of these classes or services online at

[WilcoxHealth.org/Childbirth](http://WilcoxHealth.org/Childbirth).

Wilcox Medical Center is part of Hawai'i Pacific Health, a not-for-profit health care network.