

## Congratulations!

You've entered an exciting new phase of your life! Wooster OB•GYN is honored to be able to partner with you as you prepare for the birth of your child. We know that along with anticipation and joy, welcoming a newborn brings many questions. To assist our patients in making the transition to parenting a newborn, we are pleased to offer expert-instructed childbirth classes. Knowing what to expect during labor and delivery will increase your confidence and sense of well-being as you approach your delivery date.

### Topics Covered:

- Labor and Delivery
- C-Sections
- Relaxation and Breathing Techniques \*
- Pain Relief Options Including Epidurals
- Newborn Care/Breastfeeding
- Hospital Registration
- Tour of Women's Pavilion
- Car Seat Information
- Tips for Early Weeks at Home

\* THURSDAY ONLY

### Convenience for You

For today's parents, expecting a baby doesn't mean that life slows down! That's why we offer two class options: a three-week series of evening classes or a one-time, all-day Saturday format. Both prepare you and your support person for childbirth without adding stress to your already busy schedule.

## Childbirth Classes

### Child Birth Class Series

3 weekly sessions 6:30pm-9:00 pm

#### Thursdays:

Feb 21, 28, March 7

July 11, 18, 25

Oct 3, 10, 17

### Childbirth Class Series

1 Saturday session

10:00 am- 4:00 pm

Jan 12

Feb 23

March 30

April 27

May 18

June 15

Aug 17

Sept 21

Nov 23

## — WHAT WILL IT COST YOU? —

Childbirth Classes	\$48.00
"Breastfeeding – Beyond the Basics"	*\$25.00
Sign up for both classes	\$60.00

\*Price includes:

*The Complete Book of Breastfeeding*

## "Breastfeeding Beyond the Basics"

In addition to our childbirth classes, Wooster OB•GYN offers "Beyond the Basics," a breastfeeding class taught by Board Certified Lactation Consultant, Darcy Cicconetti. During this class, you will learn about commonly-experienced breastfeeding challenges, such as returning to work, pumping and storing breast milk, and preventing and treating nursing-related issues. Nursing moms with babies welcome.

### Class Dates and Times

Thursday Session Times: 6:30 pm – 9:00 pm

Saturday Session Time: 9:30 am – 12:00 pm

### Breastfeeding Classes:

Thurs- Jan 10	Thurs- Aug 1
Sat -March 2	Thurs- Sept 19
Thurs -April 25	Sat- Oct 19
Thurs -May 16	Thurs- Nov 21
Sat- June 29	



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## How to Register for Classes

You can register for Childbirth Classes or "Beyond the Basics" Breastfeeding Classes at one of your prenatal appointments, or by calling our office during normal business hours. We recommend that you register by your fifth to sixth month of pregnancy and plan to attend classes about four to six weeks before your due date. In order to give you the best experience possible, class sizes are limited to nine couples. Payment is requested at time of registration. Breastfeeding class is "moms only" please.



To learn more about our practice or to schedule an appointment call our office at

330.345.2229  
or 888.336.2496

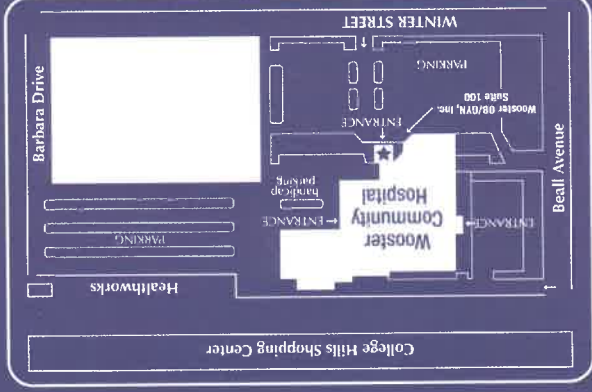
Monday – Thursday 8:30 am – 5:00 pm  
Friday 8:30 am – 4:30 pm

## Your Instructor

Darcy Ciconetti, RN,

Board Certified Lactation Consultant and Certified Childbirth Instructor,

has more than 25 years of experience as a labor nurse. As your instructor, she welcomes your questions, offering a wealth of information and expertise that will help you approach childbirth with confidence and excitement. Darcy is married with four daughters and ten grandchildren. She graduated from WSCC in Smithville and Wesley College in Dover, Delaware. Darcy has also been an American Heart Association CPR instructor for over 30 years. She is in private practice as a lactation consultant.



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Find additional information online:  
[www.woosterobgyn.com](http://www.woosterobgyn.com)

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&  
Classes  
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