

## Pre-Registration Form

Expectant Mom's

Name: \_\_\_\_\_

Do you prefer English? \_\_\_\_ Spanish? \_\_\_\_

Coach's Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Mailing Address:

\_\_\_\_\_  
\_\_\_\_\_

Contact Phone: \_\_\_\_\_

Baby's Due Date: \_\_\_\_\_

Doctor: \_\_\_\_\_

Email address:

\_\_\_\_\_

Would you like to be notified by email  
about events and services for families in  
Mono County?

If yes, check here: \_\_\_\_

**Return this form by email, mail, or in-person:**

**kathy.romagnino@mammothhospital.com**

Kathy Romagnino, Education Coordinator,  
Mammoth Hospital, PO Box 660,  
Mammoth Lakes, CA 93546

**\$25 for entire course (\$15 for WIC clients)**

**Credit cards, cash, and checks accepted.**

**Write check to Mammoth Hospital.**

**\*\*Credit cards accepted by phone\*\***

**760-924-4063**

## Four-week series:

### Session 1

- ◆ Pregnancy and labor overview
- ◆ Nutrition, exercise in pregnancy

### Session 2

- ◆ Normal progression of labor
- ◆ Role of the labor coach
- ◆ Hospital routines/procedures

### Session 3

- ◆ Interventions in labor/delivery
- ◆ Anesthesia, pain medications
- ◆ Tour of Labor and Delivery

### Session 4

- ◆ Bonding and Breastfeeding
- ◆ Postpartum care
- ◆ Well baby care

*Additional resources and information  
available at each session.*

*For more information:*

- Kathy Romagnino, Mammoth Hospital  
760-924-4063
- First 5 Mono County 760-924-7626

These classes offer a childbirth preparation program for parents interested in learning and sharing experiences in a supportive environment.

Emphasis will be on an individual and realistic approach to labor and birth. You will learn the tools necessary for a safe, comfortable labor and birth experience.

**August 24 — September 14,  
2011**

**Wednesdays 6:00 pm—8:00 pm**

**Mammoth Hospital**

**85 Sierra Park Rd**

**Conference Rooms A & B**

**760/924-4063**

Cost:

\$25 for entire course series  
\$15 for series for WIC clients

- Bring two pillows, and a blanket or quilt.
- Wear clothing suitable for free movement and exercise.
- Please consult your doctor for any recommendations or cautions.
- Light snacks will be provided.

## Instructors & Facilitators:

### Labor and Delivery Nurse

Juanita Mesa, RN

### First 5 Welcome Baby! Staff

Deanna Clark, CLEC

Debbie Riffel, CLEC

Lara Walker, CLEC

### Guest Speakers:

Obstetrician

Anesthesiologist

Pediatrician

Lactation Educators



Course brought to you by . . .



[www.mammothhospital.com](http://www.mammothhospital.com)



Provided by First 5 Mono County



[www.monokids.com](http://www.monokids.com)



## Childbirth and Newborn Care Preparation Course

Brought to you by  
First 5 Welcome Baby! and  
Mammoth Hospital

760-924-4063