

## 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: \_\_\_\_

### Submit this form in-person:

Sierra Park Women's Health Services  
Located on the Mammoth Hospital campus at  
85 Sierra Park Road

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

**Cash and checks ONLY.**

**Write check to First 5 Mono County.**

For information:

Women's Health Services 760-924-4044  
First 5 Mono County 760-924-7626

## Five-week series:

- ◆ Pregnancy and labor overview
- ◆ Breathing and relaxation
- ◆ Nutrition, exercise in pregnancy
- ◆ Normal progression of labor
- ◆ Role of the labor coach
- ◆ Hospital routines/procedures
- ◆ Interventions in labor/delivery
- ◆ Anesthesia, pain medications
- ◆ Tour of Labor and Delivery
- ◆ Bonding and Breastfeeding
- ◆ Postpartum and well baby care

*Additional resources and information  
available at each session.*



- ◆ 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.

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.

**Wednesday evenings**  
**Sept. 26 - Oct. 24, 2012**  
**6:00 pm—8:00 pm**

**Mammoth Hospital**  
**85 Sierra Park Rd**  
**Conference Rooms A & B**  
**760/924-4044**

Cost:

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

## Instructors & Facilitators:

### Obstetrician

Martha Kim, MD

### First 5 Welcome Baby! Staff

Deanna Clark, CLEC

Debbie Riffel, CLEC

Lara Walker, CLEC

### Guest Speakers:

Anesthesiologist

Pediatrician

Registered Dietician

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  
Sierra Park Women's Health

760-924-4044