



# 2016 Childbirth Education Registration Form

**Six-Week Childbirth Class Series:** Saturday mornings 9:30-12:00 **Cost:** \$225

This is our most comprehensive childbirth class covering everything you could possibly need but with a focus on labor coping techniques. This class will help you gain an insight and understanding of the normal birth process along with exploring and discussing a wide variety of options that will encourage you to move through your unique birth in an informed, empowered way. Because information is covered over a six-week period, it is more easily retained. This class is suitable for any pregnant woman but very important for those experiencing their first birth. Yes, bring your birth partner or labor coach: spouse, friend, partner, doula, mom etc.

\_\_\_\_\_ **September Series: Sep 17<sup>th</sup>, 24<sup>th</sup>, Oct 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>**

**Birth Companion Class:** Friday Evening 6:00-9:00 p.m. **Cost:** \$100

This popular class focuses on the physical, mental, and emotional support role of the birth companion. Includes an in-depth look at The Three R's (Relaxation, Rhythm & Rituals), which are paired with practical hands-on techniques. Exploring the needs of the laboring woman and communication play a big role in this class. If this is your first pregnancy, it is a good idea to take the Six-Week or Boot Camp Class first.

\_\_\_\_\_ **September 23<sup>rd</sup>** \_\_\_\_\_ **November 18<sup>th</sup>**

**Homebirth Consideration Class:** Friday evening 6:30-8:00 p.m. **No Charge**

This class is meant to help parents explore the realities of a homebirth and whether or not it is for them. What is giving birth at home really like? Is it safe? What happens if things don't go as planned? Includes homebirth videos.

\_\_\_\_\_ **October 7<sup>th</sup>**

**Belly Celebration:** Thursday evening 7:00-9:00 p.m. **No Charge**

You deserve a break! Enjoy a relaxing evening out with your beautiful baby belly! Come join the fun with great music, treats, belly painting and picture taking. Oh, and make new friends too! Paints and brushes are supplied. Class is free but registration required.

\_\_\_\_\_ **September 16<sup>th</sup>** \_\_\_\_\_ **December 9<sup>th</sup>**

**The Breastfeeding Class:** Thursday evening 6:30-8:30 p.m. **Cost:** \$75

Learn the most important things you need to know to help breastfeeding get off to a good start! Learn how to help baby latch properly, correct body positioning, whether or not baby is getting enough milk, eating and sleeping "patterns" of a new baby, signs of hunger, pumping milk, and how to take care of yourself too! Common breastfeeding problems are addressed along with when to seek the advice of a breastfeeding counselor or lactation specialist. It's best to take this class while still pregnant but new parents/babies are welcome as well!

\_\_\_\_\_ **September 30<sup>th</sup>** \_\_\_\_\_ **December 2<sup>nd</sup>**

**Newborn Parenting Class:** Thursday evening 6:30-8:30 p.m. **Cost:** \$75

We all wish our newborns arrived with an instruction booklet! Well, this class is just that! You will learn practical hands-on skills such as diapering, feeding, burping, holding and putting baby to sleep. In addition, you'll see how newborns communicate and learn which of your baby's needs are completely normal. Some parenting styles are explored and when to call for help will be reviewed as well. It's best to take this class while still pregnant but new parents/babies are welcome as well!

\_\_\_\_\_ **October 28<sup>th</sup>** \_\_\_\_\_ **December 16<sup>th</sup>**

## **Meet Our Educators:**

**Hillary Dummar, BBP, CD (DONA)** -Hillary was trained as a birth doula through DONA in 2005. She has assisted many women in both California and Utah to achieve their ideal birth experiences. She has also studied childbirth education through the ICEA and Brio Birth curriculum program. Hillary enjoys empowering women with the courage to make informed choices. She has had two amazing hospital births and three amazing homebirths.

**Missi Olsen, ICEA, Veteran CBE, Doula & Trainer** - Missi was trained in birth education and doula work by ICEA and DONA in 1998. She learned doula training from Penny Simkin, PT in 2001. She has operated a successful doula service with a team of doulas in the D.C. Metro area and also has several years experience as both a birth educator and breastfeeding counselor. Missi enjoys helping couples explore their birth options and wants more than anything for families to experience a positive birth. Missi is a military wife and has 6 adult children.

**Class size is limited!** Payment is required before class starts and it will hold your spot! Please make your check payable to CHW or call CHW at **435-657-3696** with your payment information. No refunds will be made after your registration is confirmed. Easy payment plans are available for some classes, if desired. Please, no children or babies permitted in the classes.

\_\_\_\_\_

# Community Health and Wellness Childbirth Class Registration Form

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
Due Date \_\_\_\_\_ Birth Place \_\_\_\_\_ Your Address \_\_\_\_\_  
Care Provider \_\_\_\_\_ Have you taken childbirth classes before? \_\_\_\_\_  
Have you given birth before? \_\_\_\_\_ How did you learn about our classes? \_\_\_\_\_  
Will you be bringing anyone to class with you? \_\_\_\_\_ Relationship/Name \_\_\_\_\_

## Class Choices:

1.	_____	Date/s _____	Time _____	Cost _____
2.	_____	Date/s _____	Time _____	Cost _____
3.	_____	Date/s _____	Time _____	Cost _____
4.	_____	Date/s _____	Time _____	Cost _____
5.	_____	Date/s _____	Time _____	Cost _____
6.	_____	Date/s _____	Time _____	Cost _____
7.	_____	Date/s _____	Time _____	Cost _____

Total \_\_\_\_\_

**Please return this form along with your payment (checks made out to CHW) to:**

CHW - Childbirth Class  
345 West 600 South #401  
Heber City, UT 84032