

# Expecting a Little One?

MERCY HEALTH SPRINGFIELD REGIONAL MEDICAL CENTER OFFERS A VARIETY OF CLASSES TO HELP YOU FEEL CONFIDENT AND PREPARED FOR YOUR GROWING FAMILY.

## CHILDBIRTH EDUCATION

Duration: 1.5-hour class

Learn about the labor process, pain management techniques, and what to expect during labor. We'll also cover postpartum care and offer a tour of our unit.

## NEWBORN CARE

Duration: 1-hour class

Get the basics on caring for your newborn! From breastfeeding to diapering, bathing, and safe sleep practices, we'll cover it all.

## BREASTFEEDING

Duration: 2-hour class

This class, taught by a Certified Lactation Consultant, is all about setting you up for breastfeeding success! Learn about milk production, feeding cues, latching techniques, and problem-solving tips.

SUPPORT PERSONS ARE ENCOURAGED TO ATTEND ALL CLASSES WITH YOU!

READY TO GET STARTED?

VISIT OUR WEBSITE TO SEE A LIST OF AVAILABLE CLASSES AND TO REGISTER!

MERCY HEALTH SPRINGFIELD REGIONAL MEDICAL CENTER - BIRTHING CENTER