

CLASSES & TOURS

We offer tours and classes to help provide you with support before, during and after birth.

PRENATAL TOUR -

Thursdays, 11 AM, in hospital lobby • to register, text 580.250.5253

Even if you don't have a baby bump yet, you can benefit from an unhurried prenatal tour where you can ask all your birth-related questions and learn about the various birth settings and services. A tour is an important step toward planning the best possible birth experience.

During a tour, you'll see a labor-delivery-recovery birthing suite, postpartum room, and Level II neonatal intensive care unit. You'll learn more about visiting policies and the various amenities available to ensure your comfort and safety.

CHILDBIRTH CLASS -

3 week class • Each Tuesday of the month, 6:00 - 8:30 PM

To register, email babyclass@ccmhhealth.com or text 580.250.6508

A childbirth class is a great way to prepare for labor and birth. The typical class consists of breathing techniques, lectures, discussions, and exercises, all led by a trained childbirth instructor. This class will provide you with information to prepare for a smooth hospital stay, help you make informed decisions, and

minimize your fears. You'll also learn techniques to help you relax and cope with labor, the benefits of skin-to-skin, and rooming-in bonding. Bring a support partner! Alternative class times may be arranged as needed. Please attend classes in the beginning of your 3rd trimester.

BREASTFEEDING CLASS -

First Thursday of each month, 7 PM • Fieldstone Conference Room

Breastfeeding is natural, beautiful, and so healthy for mama and baby, but if you're a mom-to-be, you likely have tons of questions. Breastfeeding doesn't always come easily to new mothers or babies.

This class teaches you everything you need to know about breastfeeding, including how

to prepare for breastfeeding, expectations of nursing a newborn, which positions to use, how to tackle common problems like soreness, how to tell if baby is transferring milk with a good latch, and learning your baby's feeding cues.

Exclusive human milk for the first six months is recommended by health organizations.