

Childbirth Class

**CHILDBIRTH CLASS IS RECOMMENDED FOR
FIRST TIME MOMS AND THEIR SUPPORT PERSON**

- ❖ **REGISTRATION FEE: \$75.00 PER COUPLE (CASH OR CHECKS ONLY)**

- ❖ **ONE TIME CLASS HELD ON SCHEDULED SATURDAYS
@ TULSA OBGYN
FROM 9AM – 2PM**

- ❖ **RECOMMENDED IN YOUR THIRD TRIMESTER (7th
month) FOR CLASS**
 - LUNCH PROVIDED
 - OVERVIEW OF WHAT TO EXPECT DURING THE LABOR AND DELIVERY PROCESS
 - GAIN KNOWLEDGE AND UNDERSTANDING OF EPIDURALS, LABOR INTERVENTIONS, CESAREAN SECTION, ANATOMY AND MORE
 - BREAST FEEDING
 - PEDIATRICIAN VISIT TO CLASS
 - TOUR OF SJMC LABOR AND DELIVERY UNIT
 - RECEIVE A 6 MONTH SUBSCRIPTION TO A WEB ENHANCED INTERACTIVE WORKBOOK THAT COINCIDES WITH THE CLASS
 - INSTRUCTORS ARE EXPERIENCED LABOR AND DELIVERY NURSES
 - GAIN KNOWLEDGE BY INTERACTING WITH OTHER EXPECTANT PARENTS

SIGN UP EARLY WITH OUR OB COORDINATORS, CLASSES FILL UP FAST.

THIS CHILDBIRTH CLASS IS AVAILABLE TO PATIENTS OF TULSA OB-GYN ONLY