

Otsego Memorial Hospital • Journey to Parenthood

Childbirth Preparation

Expectant parents begin their journey to parenthood by learning what to anticipate during their pregnancy, labor, delivery and continuing through caring for and feeding their newborn.

Topics include:

- Breathing and relaxation techniques
- Pain management
- Pregnancy “normals”
- What to expect at the hospital
- Labor & Delivery
- Post-partum care
- Infant care and feeding
- Breastfeeding

A tour of the OMH Birthing Center is included with the Gaylord classes.

Class details:

- An all-day class is held on Saturday mornings from 9:00am – 3:30pm
- Registration is encouraged by the 20th week of pregnancy
- Classes are taught by experienced OMH Birthing Center nurses
- Partners/coaches are encouraged to attend
- **Cost is \$50**
- **Health Department vouchers are accepted**

Please register early for proper class placement.

Childbirth Preparation — Private Sessions

Occasionally circumstances surrounding a woman's pregnancy prevent her from attending the traditional childbirth preparation classes. For women delivering at OMH, **private sessions may be available by appointment for a cost of \$25.**

Call (989) 731-2111 for more information.

Breastfeeding Classes

This class is FREE. Offered several times throughout the year on **Wednesday** evenings, this class is included with the Saturday class. Mothers and their support partners will learn the benefits of breastfeeding, as well as milk production and proper mechanics of latching on. Class is taught by a Certified Lactation Consultant. Bring a baby doll or stuffed animal to class. Partners are encouraged to attend.



OMH Parent Education 2017 Schedule

Saturday Childbirth Preparation (All Day) - Cost: \$50 In Gaylord – 9:00am - 3:30pm

January 7	February 18	April 8
May 20	June 24	August 5
September 16	October 28	December 9

*Health Department Vouchers are accepted.
Breastfeeding is included but takes place on a Wednesday night.*

In Indian River – 9:00am - 3:30pm

March 11	November 4
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*Health Department Vouchers are accepted.
Breastfeeding information is included during these sessions.*

Breastfeeding Class (Wed nights) - FREE In Gaylord – 6:30pm - 8:30pm

January 11	February 22	April 12
May 24	June 28	August 9
September 20	November 1	December 13

Online Childbirth Preparation classes are also available - Cost: \$50

Please call (989) 731-2111 for more details or signup at:
www.myOMH.org/online-childbirth-preparation

Not covered by Health Department Vouchers.

Are you ready to sign up for a class? Visit:
www.myOMH.org/events

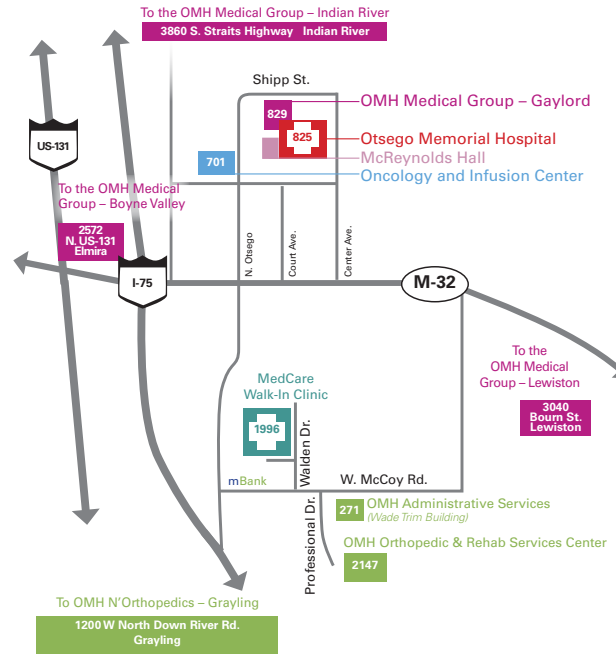


Important Notes

- Classes require pre-registration
- Financial assistance for childbirth education classes is available for those who qualify
- Classes are held in the OMH Classroom
- Parents with any special circumstances please call (989) 731-2111



Campus Map



To register or for more information, contact the Parent Education Coordinator at (989) 731-2111 or gsmith@myomh.org

A schedule of classes may be found on the Events Calendar at MyOMH.org

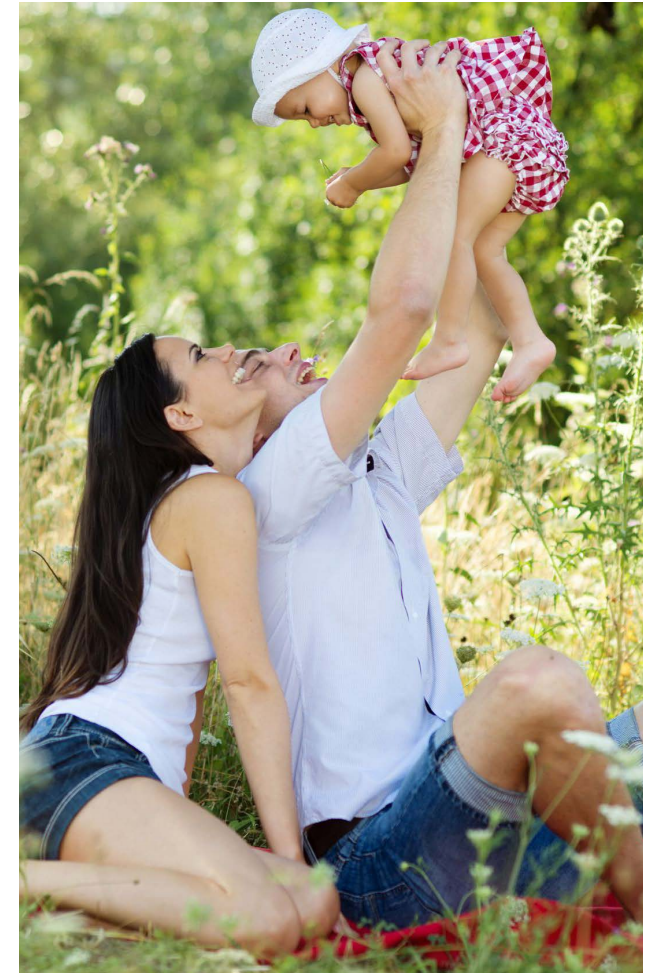
Main Switchboard.....(989) 731-2100
 Toll Free(800) 322-3664
 Physician Referral(989) 731-2300

At our best when it matters most.

825 N. Center, Gaylord, MI 49735 | MyOMH.org



Otsego Memorial Hospital Journey to Parenthood



Parent Education

Birthing Center Tours
 Breastfeeding
 Childbirth Preparation

Where families are born. 

Smoking is prohibited on OMH property.



OMH strives to provide a safe, clean, and healthy environment for all and is committed to serve as a model and leader in promoting the health and wellness of our community.

Thank you for helping us to maintain a smoke-free, healthy environment for everyone.