



St. Clare Childbirth Center

provides a positive, yet realistic overview of pregnancy, labor and delivery. A variety of relaxation methods including massage, slow breathing, mental imagery and muscle tension and release are discussed. Along with information important to the mom-to-be about labor, support persons are guided through ways to provide comfort, praise and encouragement during labor, delivery and the postpartum period. Classes on infant care, car seat safety and more.



Your Health Our Team

St. Clare Childbirth Center
707 Fourteenth Street
Baraboo, WI 53913

2008 Childbirth Classes



St. Clare
Childbirth Center

2008 Childbirth Classes

St. Clare Childbirth Center Classes

Our classes are for you! Whether you are a mother-to-be, her support person, a new Mom or a soon-to-be big sister or brother, our classes are designed to ensure that you get the information you need in a format that makes learning interesting and fun! You may register for all classes by calling the Childbirth Center at 356-1520.

Childbirth Class (7 week series)

Childbirth Classes are designed to give you important information about labor, birth, postpartum and newborn care. Classes one through five focus primarily on labor and delivery. Clear demonstrations of labor progress are provided along with techniques to show support persons how to give praise, encouragement and comfort during labor and delivery. Class six is designed to prepare Mom for what to expect the first 12 to 24 hours after birth. Come and learn some new information and great tips to make your first weeks at home more relaxing for you and your newborn! Then, in the seventh class, get off to the best possible start with breastfeeding! In this class you will learn the difference between the myths and realities of breastfeeding and just how breastfeeding works! **Please select a class with a completion date that is approximately four weeks before your due date.**

Cost: \$60

Time: 6:30 pm to 8:30 pm

Place: Ringling Room in the basement of St. Clare Hospital & Health Services

Dates: January 3, 10, 17, 24, 31, February 7, 13 (Wed. due to Valentines Day)

March 6, 13, 20, 27, April 3, 10, 17

May 1, 8, 15, 22, 29, June 5, 12

July 3, 10, 17, 24, 31, August 7, 14

September 4, 11, 18, 25, October 2, 9, 16

November 6, 13, 20, 25 (Tues. due to Thanksgiving), December 4, 11, 18

Hispanic Childbirth Class

These classes are designed especially for Hispanic women and their support person. Classes will be taught in Spanish. There are two classes in the series.

Cost: \$20

Time: 6:00 pm to 9:00 pm

Place: Childbirth Center at St. Clare Hospital & Health Services

Dates: February 12 & 19, May 13 & 20, August 12 & 19, November 11 & 18

Saturday Childbirth Class

This is what we call "labor in a nutshell"- All the information that is shared in regular childbirth classes condensed into one day and lunch is provided!

Cost: \$25

Time: 8:00 pm to 4:00 pm

Place: Ringling Room in the basement of St. Clare Hospital & Health Services

Dates: March 1, June 14, September 6, December 13

Sibling Preparation Class

This class is designed to prepare children in a positive way for the birth of a new baby. Moms and Dads, bring your "big brother or big sister-to-be" for a tour of the Childbirth Center, a video, snacks and a free gift!

Cost: Free

Time: 10:00 am to 11:30 pm

Place: HoChunk Room in the basement of St. Clare Hospital & Health Services

Dates: February 2, April 12, June 14, August 9, October 14, December 13

New Mom's Group

We are also giving birth to a NEW Mom's Group! This class is geared toward all mothers who would like to come and share their experiences, joys and concerns. So, New Moms, bring your infant or toddler along and enjoy sharing in the beautiful, tranquil Lake Delton Clinic meeting room! You'll be glad you did!

Cost: Free

Time: 10:30 am to 12:00 pm

Place: HoChunk Room in the basement of St. Clare Hospital & Health Services

Dates: January 15, February 19, March 18, April 15, May 20, June 17, July 15, August 19, September 16, October 21, November 18 December 16

Resolve Through Sharing Bereavement Support

Intended for those who have experienced a loss involving miscarriage, still-birth or newborn death up to the first year of life, Bereavement staff is available on call at 356-1523.

General Information for Childbirth Class Participants

- Bring two pillows and a blanket to each class
- Support persons are encouraged to attend all classes.
- Classes may be cancelled due to bad weather. You will be notified.

To register for the class, please complete this form and mail to:
**St. Clare Hospital & Health Services, Childbirth Center,
707 Fourteenth Street, Baraboo, WI, 53913.**

Name: _____

Coaches Name: _____

Address: _____

Phone Number: _____

Doctor's Name: _____

Due Date: _____

Please check one: Childbirth Class Saturday Childbirth Class Hispanic Childbirth Class Sibling Preparation Class
 New Mom's Group Bereavement Support

The Childbirth Center will confirm your registration by phone or mail.



City: _____ Zip: _____

Email Address: _____

Hospital: _____

Pregnancy: _____

Hispanic Childbirth Class Sibling Preparation Class