Educational Programs
The staff of the Women and Infants Health Care Unit at Waldo County General Hospital invites all expectant parents in our community to participate in our childbirth preparation and breastfeeding classes.

The classes:
- Cover a variety of topics
- Give expectant parents an opportunity to ask questions
- Provide information about childbirth experience
- Are intended for women who are between seven and eight months pregnant
- Are offered free to all as a community service

A coach or support person is encouraged to attend all classes, including the successful breastfeeding class.

Community Resources
Maine Families Waldo County
207-342-5971 or 1-800-287-1426
www.umaine.edu/umext/umcewaldo/patt.htm

Belfast Area Children’s Center & Child Care Services
207-342-5535

Belfast Public Health Nursing Association
207-338-3368

Broadreach Family and Community Services
207-338-2200 x103

Waldo County Child and Parent Council
207-338-2200 x109
www.wcdfs.org

Car Seat Check
207-338-4769

MMCA WIC Program
207-338-1267 or 1-844-659-9749
wicforme.com

Contact us for more information
207-338-9348
## Childbirth Preparation Class

**Topics covered in class:**
- Signs/stages of labor
- What to expect at the hospital
- Pain relief options, including relaxation, breathing, medications and epidural
- Complications
- Caesarean birth

## Successful Breastfeeding Class

**Topics to be covered:**
- Benefits of breastfeeding
- Preparing to breastfeed
- Breast care
- Breast milk storage
- Returning to work

## 2018 Class Schedule

### Childbirth Preparation Classes

**Saturdays, 10:00 a.m. - 3:00 p.m.**

Classes are held at Waldo County General Hospital Classroom, 118 Northport Avenue, Belfast.

Registration required. Please call 338-9348 or visit penbaywaldo.coursestorm.com.

### Successful Breastfeeding Class

**Saturdays, 10:00 a.m. - 12:00 p.m.**

Classes are held at Waldo County General Hospital Classroom, 118 Northport Avenue, Belfast.

Mothers-to-be are encouraged to bring their support partner or coach to class.

Registration required. Please call 338-9348 or visit penbaywaldo.coursestorm.com.

### Sibling Classes

A private sibling class is offered to families with children over two years of age. This class is to help the littlest family members prepare for the birth of a new baby.

Each class is scheduled on an individual basis and is presented in the Women and Infants Health Care Unit. Your child/children will have the opportunity to see where mom will be and what a newborn looks like.

Using a doll, they learn ways to help when the new baby comes home. A video and book are often used and a snack is provided. Please call the unit, 338-9348, to schedule a time that is convenient for you and your family.

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