

## **PRENATAL EDUCATION PROGRAM (604-806-8298)**

Preparing for childbirth encourages parents to utilize their own strengths and make informed choices most suitable to their needs at the time of childbirth. These classes help parents expand their range of coping skills and familiarize them with available resources.

### **The Prenatal Education Programs available at St. Paul's Hospital are:**

#### **1. Prenatal Childbirth Preparation Program:**

This series of six evening classes (7:00-9:00 pm) includes **five** Childbirth Preparation Classes taken during the last three months of pregnancy and one Postpartum Reunion Class. Information about labour, birth, and variations of labour and birth, Caesarean birth, feeding the baby, and care of the mother and baby after the birth are topics covered in the first five classes. Breathing, relaxation, and comfort measures useful for birth are included. The **sixth** class is a Postpartum Reunion Class that will take place about four to six weeks after the latest due date. This will be a time to share labour and birth stories and early parenting experiences. The date will be planned during the fifth class. This program is recommended for first pregnancies. The cost of six evening classes is \$180.00 for two people.

#### **2. Prenatal-in-a-Day:**

This program is a concentrated Saturday (8:30 am – 4:00 pm) class focusing on labour, birth, variation and complications of labour. **Limited** breathing, relaxation, comfort measures and hospital tour are included. The Saturday class does **not** include information on feeding the baby or care of the mother and baby after birth. The cost for Prenatal-in-a-Day is \$130.00 for two people.

#### **3. Refresher Program:**

For those wishing to review previously learned childbirth skills, a refresher program is available. The classes are held in the evening (7:00-9:00 pm) as part of the Childbirth Preparation Program or may be taken on a Saturday morning as part of the Prenatal-in-a-Day. The cost for the Refresher Program is \$80.00 for two people.

#### **4. Tours of the Maternity Centre:**

Public tours are available. The tours are free and registration is **not** required. For information regarding availability, please call the Prenatal Education Program at **604-806-8298**.



How you want to be treated.

**PRENATAL EDUCATION PROGRAM**

**REGISTRATION FORM**

Please complete this form and return with a cheque made payable to St. Paul's Hospital to:

St. Paul's Hospital  
Prenatal Education Program  
1081 Burrard Street  
Vancouver, BC, V6Z 1Y6

**Payment of fees is required to ensure registration in the class of your choice.**

Childbirth Preparation Program	\$180.00 _____
Prenatal-in-a-Day	\$130.00 _____
Refresher Program	\$80.00 _____

Name of Mother-to-be: \_\_\_\_\_

Name of Partner: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_

Alternate Phone Number: \_\_\_\_\_

Home Address:  
 Street: \_\_\_\_\_ Apt: \_\_\_\_\_  
 City: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_

Due Date: \_\_\_\_\_ Physician / Midwife: \_\_\_\_\_

Please indicate preference of evenings (7:00-9:00 pm) for Childbirth Preparation Program.

Tuesday \_\_\_\_\_ Wednesday \_\_\_\_\_ Thursday \_\_\_\_\_

The Postpartum Class will be planned in your last class of the Childbirth Preparation Program.

**The receipt of payment, dates of classes and room assignment will be confirmed by mail.**

**Cancellation of registration is subject to \$10.00 administration fee.**

If further information is required, please phone the Prenatal Education Program **604-806-8298**.