



CHILDBIRTH EDUCATION

NEW SUITE OF ONLINE CLASSES

Midland Memorial Hospital is now happy to provide online childbirth and parenting preparation classes that you can take conveniently from home.

Our eClasses are perfect for:

- Parents who need a more flexible schedule
- Parents on bed rest
- Parents who prefer online learning
- Times when on site classes are unavailable

Trusted education, your way.

- Learn essential information that's reviewed and updated regularly
- No commercials or sponsored content
- Access information when, where, and how you'd prefer
- Share information with your partner and support people
- Learn with videos, quizzes, and extended activities
- Get organized with tools, planning checklists, and trackers

For more information, contact:

Childbirth Education | (432) 221-3283
childbirtheducation@midlandhealth.org



Understanding Birth



Understanding Breastfeeding



Understanding Your Newborn

See back for a full
description of all eClasses.





Understanding Birth

This interactive online course covers essential information on labor and more, and highlights ways partners can help throughout the process. You'll also get a sense of what labor is really like as you watch several birth stories. You'll even have an opportunity to create your own birth plan! Allow 4-6 hours to complete. Cost is \$50/family.

eClass chapters:

- Pregnancy
- Labor
- Birth Stories
- Comfort Techniques
- Medical Procedures
- Cesarean Birth
- Newborns
- Postpartum



Understanding Breastfeeding

This interactive online course covers the essentials of breastfeeding, including clear animation and plenty of video examples. It lets you know when to call for help and includes partner tips throughout. You will also have the opportunity to track feedings with an easy-to-use tracker! Allow 2-3 hours to complete. Cost is \$30/family.

eClass chapters:

- How Breastfeeding Works
- How to Breastfeed
- When to Feed Your Baby
- Getting Enough Milk
- Breast Care
- Breastfeeding Lifestyle



Understanding Your Newborn

This interactive online course covers essential information for the first six weeks and beyond, including clear video examples of bathing, feeding and diapering, and lets you know when to call the doctor. You will also stay organized with a variety of helpful checklists and trackers! Allow 2-3 hours to complete. Cost is \$30/family.

eClass chapters:

- Newborn Traits
- Newborn Behaviors
- Crying and Comforting
- Feeding
- Diapering
- Bathing, Nail Care & Dressing
- Newborn Health
- Newborn Safety