

Childbirth Preparation Class

By: Kristin Zee RNC-OB
Labor and Delivery Nurse



WHERE:

Maricopa Ob/Gyn Office
1661 E. Camelback Rd.
#160
Phoenix, AZ

REGISTER:

Email or call to sign up.
Give name, due date,
phone number, and
physician's name
602-332-2443
zee_kris@yahoo.com



Search for "Childbirth Preparation
Class"

COST:

\$75.00 per couple
(pay at class by cash or
check)

WHAT TO BRING:

Water
Wear comfortable
clothes
Support person

IN ONE CLASS:



- ✓ Identify warning signs
- ✓ Identify signs of labor
- ✓ What to expect at the hospital
- ✓ Pain relief options
- ✓ Delivery: vaginal and cesarean section
- ✓ Care of your newborn
- ✓ Care of the new mom
- ✓ Breastfeeding vs. Bottle-feeding
- ✓ Smaller class size allows all questions to be answered

When:

Monthly

Please contact for times.

Who:

Register for class any time
after 26 weeks in your
pregnancy.

