

Countdown to Parenting Important Points

FIRST-TIME MOTHERS

I have signed up for prenatal classes to get the dates of my first choice:

- ★ Childbirth Education for the Teen or Single Parent
- ★ Childbirth and Newborn Care Series
 - Managing Labor Pain With an Epidural
- ★ Breast-feeding Basics*
 - Formula Feeding Your Baby
 - Pediatric Heartsaver CPR
 - Pediatric Heartsaver CPR with Basic First Aid
 - Becoming a Grandparent

★ Classes highly recommended if applicable.

I HAVE:

- Completed the "Pre-admission Reservation" form.
- Sent the above form to Community Memorial Hospital in the postage-paid, pre-addressed envelope.

PLEASE NOTE! *"Your Request For Personalized Care" form will be completed during your birthing classes. Do not complete or send in this form.*

MOTHERS WITH OTHER CHILDREN

I have signed up for prenatal classes to get the dates of my first choice:

- We're Having Another Baby
- Managing Labor Pain With an Epidural
- Big Brother/Big Sister Class (ages 2-7)
- Breast-feeding Basics
- Formula Feeding Your Baby
- Pediatric Heartsaver CPR
- Pediatric Heartsaver CPR with Basic First Aid
- Sibling Class (ages 2-3)
- Becoming a Grandparent

I HAVE:

- Completed the "Pre-admission Reservation" and the "Your Requests For Personalized Care" forms.
- Sent the above two forms to Community Memorial Hospital in the postage-paid, pre-addressed envelope.