

Birth & Beyond

childbirth class

Wednesday nights
April 20, 27, May 4
6-9 p.m.

Coffey County Hospital Conference Room
Please call (620) 364-2121 Ext. 4151 to pre-register.

Enter through the Emergency Room entrance.
All parents and grandparents welcome!



Michelle McVey, R.N., Certified Lactation Counselor will cover

April 20

- Stages of labor
- Positions to help cope with labor
- Pain medications

April 27

- Breathing and relaxation techniques
- Support person's role
- Safe sleep
- Postpartum care

May 4

- Breastfeeding
- Infant and child CPR
- Infant choking

Course materials are free.