The Birth Center at New Ulm Medical
Center is dedicated to making the birth of
your baby a joyous experience.

Our childbirth educators offer a variety of classes specially designed to assist you in preparing for the pregnancy and birth of your baby. We are a dedicated team here at NUMC. We encourage families to be involved early in pregnancy so you become active participants in your birth experience. We work closely with your physician to give you and your baby excellent care during your stay with us.





The Birth Center
1324 Fifth North Street
New Ulm, MN 56073
OB Unit: 507-w-5333
OB Nurse Manager: 507-217-5347

allinahealth.org/newulm

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THE BIRTH CENTER

Childbirth Education Classes





CHILDBIRTH EDUCATION CLASS

(four classes per session)

This series is designed to prepare the expectant mother and her labor companion for the birth of her baby. Through the use of discussions, demonstrations and videos, expectant mothers learn how to better care for themselves and their baby. They will also gain confidence and feel more comfortable about the upcoming birth experience.

The expectant mother and her labor companion should begin this series of classes during the 6th or 7th month (24-28 weeks) of pregnancy. Participants also hear from physicians as they learn about labor and baby cares. You will learn from experts regarding the latest options in analgesia for labor pain.

Class topics include:

- labor & delivery
- cesarean birth
- role of labor companion
- newborn care
- unexpected outcomes
- breast and bottle feeding
- postpartum period
- breathing patterns and relaxation techniques
- anesthesia for labor

Class participants will be given an opportunity to tour The Birth Center at New Ulm Medical Center.

Class participants should wear casual, comfortable clothing. Please bring 2 bed pillows and a blanket to each class session.

GENERAL INFORMATION

- Pre-registration is required at least one week prior to start date of class
- All classes are free of charge
- For any additional information call NUMC's Birth Station at 507-217-5333. We're always open!

OUR COMMITMENT TO YOU

We at New Ulm Medical Center are committed to you having an excellent experience with us. If we can do anything to make your stay with us better, please ask.

We value the choices you make and we are proud that you have chosen us to care for you and your newborn.

Please contact us with any questions you may have.

OB UNIT: 507-217-5333

OB NURSE MANAGER: 507-217-5347



REGISTRATION

Simply complete this form and return. We will confirm your registration with a phone call.

Mother's Name
Labor Companion
Address
City, State, Zip
Home Phone Number
Work Phone Number
Physician
Due Date

Requested Classes:

	Childhirth	Education	Data	
- 1 - 1	CHIIGDILLI	Luucation	Date.	

Please complete and return to:

New Ulm Medical Center The Birth Center 1324 Fifth Street North New Ulm, MN 56073

Or e-mail:

PrenatalEducationClass@allina.com