



**Springfield
Hospital**

Where People Come First

Childbirth Education & Breastfeeding Support at Springfield Hospital 2018

Childbirth Education

The Childbirth Education Class is provided to prepare the mother and her support person for the birth by providing opportunities to address questions and concerns, and education regarding the birth process. The goal is to provide information to the family so that the mother can be confident of her capabilities. The ultimate goal is a healthy mother and healthy baby. All classes are held on the following Saturdays at Springfield Hospital in the Level D Conference Room from 9am—12:30pm

Class is FREE

2nd Saturday of the Month

Pre-registration to attend a Childbirth Education Class is required by contacting Sandy at 885-7686.

Breastfeeding Support Group

Come and meet other women who are breastfeeding their babies and have your questions answered by our certified lactation counselor. This is a **FREE** support group that will focus on supporting and promoting breastfeeding mothers and babies. This will be a baby friendly place where you can ask your questions about breastfeeding, but also share with others about how your experience is going.

2nd and 4th Tuesday of each month

Noon—2pm at Springfield Hospital, Childbirth Center

Registration is not required. Just come.

Flyer published 12/2017