

**Here at our CARE Center for Family Birth and Women's Health, women and babies come first.**

We offer a full range of obstetrical and gynecological services to ensure you and your baby are happy and healthy.

Located on the 5th floor of the WHS Washington Hospital, our newly updated facility is fully equipped with advanced labor and delivery rooms, observation rooms, recovery suites, and a nursery equipped to handle infants with special monitoring needs. So you can feel confident knowing we can meet your needs.

And with 13 private post-partum rooms, you and your family will have the space and privacy to spend real, quality time with your newborn.

It's no wonder almost 1,000 babies are delivered annually at Washington Health System.

**For more information or to register please call:**

**(724) 223-3173**

*Call for details or payment options as some insurance companies will cover or reimburse for the cost of the classes.*



**W** WASHINGTON HEALTH SYSTEM  
Women's Health Services

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**(724) 223-3173 | whs.org**

**Prenatal Classes**

### Prepared childbirth class

- Taken during months 7-9 of pregnancy
- Four sessions 6:00 p.m – 8:00 p.m.
- Fee: \$85 (includes both mother and partner)
- Tuesday or Wednesday evenings

### Baby Care Class

- May be taken anytime in pregnancy
- One session 6:00 p.m. – 9:00 p.m.
- Fee: \$30 (includes both mother and partner)
- First monday of every month

### Breastfeeding Class

- May be taken anytime in pregnancy
- Two sessions 6:00 p.m – 8:00 p.m.
- Fee: \$40 (includes both mother and partner)
- Last two Mondays of each month, except May and December

### Reviews

- Signs and symptoms of labor
- Labor and delivery process
- Breathing and relaxation techniques
- Cesarean section
- Medications and Epidurals in labor
- Role of the partner
- Tour of the maternity department
- Postpartum recovery, contraception and intimacy
- Baby blues and postpartum depression

### Reviews

- Newborn procedures and screenings
- Medications and vaccinations
- Feeding and nutrition
- Infant safety
- Car seat safety
- Safe sleep
- Handling crying
- Baby bath demo

### Reviews

- Benefits of breastfeeding for mother, baby and families
- Beginning and maintaining breastfeeding
- How families can help
- Pumping and storage of breast milk
- Possible challenges of breastfeeding
- Balancing breastfeeding and working
- Diet, contraception, drugs, smoking and alcohol use



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Classes fill up fast, so call early in pregnancy to register.

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