

Tips for Parenting

1. Show kids love, concern and respect at all times.
2. Give kids a safe place to live and play.
3. Help your kids express all their feelings appropriately and listen to what your kids are saying.
4. Give your kids appropriate choices when possible.
5. Have reasonable rules that are understood by all.
6. Be responsible and teach your kids to be responsible.
7. Spend time together with your kids.
8. Set an example by what you say and do.
9. Work with your schools and community to make them better for kids.
10. Ask for help when you need it.

4-18-11

**HURON
MEDICAL
CENTER**

Other Services Offered by HMC

- ◆ After Hours Clinic
- ◆ Anesthesiology
- ◆ Allergy Care
- ◆ Cardiac Rehabilitation
- ◆ Cardiology/Stress Testing
- ◆ Cancer Care/Chemotherapy
- ◆ Dermatology
- ◆ Digital Mammography
- ◆ Ear Nose & Throat
- ◆ Family Practice
- ◆ Surgery
- ◆ Internal Medicine
- ◆ Laboratory
- ◆ Neurology
- ◆ Obstetrics/Gynecology
- ◆ Ophthalmology
- ◆ Orthopedic Surgery
- ◆ Pathology
- ◆ Pediatrics
- ◆ Physical, Speech & Occupational Therapy
- ◆ Rheumatology
- ◆ Rural Health Clinic
- ◆ Urology
- ◆ Vascular Service
- ◆ 24 Hr Emergency Service

Health Programs for Our Community

- ◆ AHA CPR AED
- ◆ First Aid
- ◆ Babysitting Class
- ◆ Bloodborne Pathogens
- ◆ Diabetes Self-Mgmt Series
- ◆ Childbirth Education
- ◆ Arthritis Foundation Exercise Program
- ◆ Think First
- ◆ Smoking Cessation
- ◆ Improving Fitness
- ◆ Better Nutrition
- ◆ High Blood Pressure
- ◆ Managing Cholesterol
- ◆ Stress Management & Emotional Wellbeing
- ◆ Pre-Diabetes

Huron Medical Center
1100 S. Van Dyke
Bad Axe, Michigan 48413
(989) 269-9521
www.huronmedicalcenter.org

Family Centered Maternity Care

**HURON
MEDICAL
CENTER**

**Your Baby Is Almost Ready...
ARE YOU?**



Childbirth Education Classes

WHO SHOULD REGISTER? Any expectant mother who wants to learn more about childbirth.

WHY SHOULD I TAKE THE CLASSES? Being prepared for childbirth gives a woman confidence in her ability to give birth. It helps to reduce fear by increasing a woman's knowledge of the birth process. The support person also learns how to be a help to the mom during the birthing process. Being prepared enhances your opportunity as new parents to experience the joy of childbirth together, thereby increasing the bond between you and your new baby.



HOW MUCH DOES THE CLASS (Series of 5 Classes) COST? \$30.00

WHEN AND WHERE ARE THE CLASSES? The series of 5 classes is held at Huron Medical Center in the Distance Learning Classroom on the 3rd Floor. Classes are held in the evenings from 7:00pm to 9:00pm.



The Series of Five Classes Include:

- * Nutrition and Healthy Lifestyle
- * Anatomy, Physiology and Terminology of Pregnancy
- * Labor and Delivery Process
- * True versus False Labor
- * Warning Signs in Pregnancy
- * Role of Your Support Person
- * Relaxation Techniques
- * Stages of Labor
- * Pain Management
- * Postpartum Care
- * Baby Care
- * Breastfeeding



Huron Medical Center, committed to providing excellence in healthcare to our communities in a caring, compassionate manner.

Childbirth Class Registration Form

I would like the 2011 class series marked below: Please note that all classes are on Wednesday evenings except those marked with *, which are on Tuesday.

<input type="checkbox"/>	1/19, 1/26, 2/2, 2/9, and 2/16
<input type="checkbox"/>	3/2, 3/8*, 3/16, 3/23, and 3/30
<input type="checkbox"/>	4/13, 4/20, 4/27, 5/4, and 5/11
<input type="checkbox"/>	5/25, 6/1, 6/8, 6/15, and 6/22
<input type="checkbox"/>	7/6, 7/13, 7/20, 7/27, and 8/3
<input type="checkbox"/>	8/17, 8/24, 8/31, 9/7, and 9/14
<input type="checkbox"/>	9/28, 10/5, 10/12, 10/19, and 10/26
<input type="checkbox"/>	11/9, 11/16, 11/22*, 11/30, and 12/7

Name	
Street Address	
City/Zip	
Home Phone	
Work/Cell Phone	
Due Date	
Doctor's Name	
Who Will Be Taking The Class With You?	Name:
Is this your First Baby? (Circle)	Yes No
Previous Classes? (Circle)	Yes No

Please mail this registration form with the Registration Fee of \$30.00 to:
 Huron Medical Center
 Community Health/Hospital Education
 1100 S. Van Dyke
 Bad Axe, MI 48413