

Registration Form

Registering for:

Childbirth Class \$60 Dates_____

Weekend Childbirth \$60 Dates_____

Car Seat Safety \$20 Dates_____

Infant/CPR \$20 Dates_____

Breastfeeding \$20 Dates_____

* A limited number of financial scholarships are available for those who qualify. For information, contact Debra Tolson when registering.

Name

Partner's Name

Daytime Phone

Cell/Evening Phone

Mailing Address/City/Zip

Email

Doctor

Estimated Due Date


COLORADO PLAINS
MEDICAL CENTER

Colorado Plains Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at www.ColoradoPlainsMedicalCenter.com.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 970-542-3304.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 970-542-3304.

Registration Information

- Please indicate which class you are registering for on the form.
- Fees and dates are subject to change. The instructor reserves the right to combine classes if needed.
- Medicaid benefits DO NOT cover the cost of the class.
- Registration includes a booklet, helpful handouts, FREE samples and coupons.
- Fees cover expectant mom and support person.
- Classes are held at Colorado Plains Medical Center.

To register for classes, fill out the adjacent Registration Form and mail with your registration fee to:

Colorado Plains Medical Center
Attn: Debra Tolson RN, ICCE, IBCLC
1000 Lincoln Street
Fort Morgan, CO 80701


Please make checks payable to Colorado Plains Medical Center. Upon receipt of registration, you will be mailed a confirmation of class dates.

For further information, please call:
Debra Tolson at 542-4378
Debra.Tolson@LPNT.net

Birth Breastfeeding & Beyond

- Childbirth
- Breastfeeding
- Car Seat Safety
- Infant/CPR

CLASSES WITH A PERSONAL TOUCH!


COLORADO PLAINS
MEDICAL CENTER

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Childbirth Classes

Expectant parents receive the comfort of a personal touch during this exciting time. Childbirth classes provide knowledge and skills that will help make your birth experience a positive one. Our instructors will help reduce the fear of childbirth and empower you to make informed choices about your baby's delivery. The Car Seat Safety and Infant/Child CPR classes are included in the Childbirth Class!

Weekday Classes

Class Fee: \$60.00

Classes will be held on Tuesdays from 6:30 p.m. to 9:00 p.m. for six sessions. Dates subject to change.

2017 Dates

- February 6–March 13
- May 1–June 5
- August 7–September 11
- November 6–December 11

Fast Track Weekend Classes

Class Fee: \$60.00

Classes will be held on Saturday & Sunday from 8:30 a.m. to 5:00 p.m. on both days. Dates subject to change. Our weekend classes fill quickly—register early if your class choices are limited. Due to weather challenges, we suggest you don't plan other events on the weekend following your class in case we need to reschedule.

2018 Dates

- January 20/21
- April 7/8
- July 14/15
- October 20/21

Breastfeeding Classes

Not only is breastfeeding beneficial to your baby's health, but it can benefit you in ways you may not have realized. With a personal and caring technique, instructors will help expectant parents get prepared for breastfeeding.

Class Fee: \$20.00

Classes will be held on Tuesdays from 6:30 p.m.—9:00 p.m. for one session. Dates subject to change.

2018 Dates

- January 23
- March 27
- April 24
- June 12
- July 24
- September 18
- October 30
- December 18



Lactation Support

Our hospital provides support to moms before, during, and after a hospital stay. This includes getting breastfeeding off to the right start with latching, positioning, and assuring weight gain after going home, and finding the best option for a breast pump. We support moms knowing that **Breast is Best!** To learn about our support group, please call 542-4378 or 542-3333.

For more information about our hospital, services, and physicians, visit www.ColoradoPlainsMedicalCenter.com

**COLORADO PLAINS
MEDICAL CENTER**

Infant & Child CPR

Class Fee: \$20.00

Call for dates.

A must for moms, dads, grandparents, older siblings, and caregivers! Instructors will teach you basic life-saving skills for infants and children using materials from the American Heart Association. Don't get caught not knowing what to do. Call for dates and times!

Car Seat Safety

Class Fee: \$20.00

Call for dates.

Which car seat is best for your child? Whether you have a newborn, toddler, or small child, we can give you great tips on which car seat is best and how to use it. Certified instructors will use classroom instruction followed by hands-on practice using various car seats and vehicles.

Hospital Tours



Tours are always free. Call 542-4378 to arrange your hospital tour!

Tour the Birthing Center where you will give birth to your baby! Pre-register for your birth, so you can relax when the big day comes. Please bring your driver's license and insurance information.