

# Registration Form

Registering for:

Weekend Childbirth \$80 Dates \_\_\_\_\_

Car Seat Safety \$30 Dates \_\_\_\_\_

Infant/CPR \$30 Dates \_\_\_\_\_

Breastfeeding \$30 Dates \_\_\_\_\_

*\* A limited number of financial scholarships are available for those who qualify. Please contact Debra Tolson.*

\_\_\_\_\_  
Name

\_\_\_\_\_  
Partner's Name

\_\_\_\_\_  
Daytime Phone

\_\_\_\_\_  
Cell/Evening Phone

\_\_\_\_\_  
Mailing Address/City/Zip

\_\_\_\_\_  
Email

\_\_\_\_\_  
Doctor

\_\_\_\_\_  
Estimated Due Date

# 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 and helpful handouts.
- 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 970-542-4378**  
**Debra.Tolson@LPNT.net**



*Childbirth*

*Car Seat Safety*

*Breastfeeding*

*Infant CPR*

**COLORADO PLAINS  
MEDICAL CENTER**

www.ColoradoPlainsMedicalCenter.com  
1000 Lincoln Street - Fort Morgan, CO 80701  
970-867-3391

## Childbirth Classes

Expectant parents will receive the comfort of a personal touch during this exciting time! Childbirth classes will help you:

- Gain knowledge and skills for a positive experience
- Empower you to make informed choices
- Reduce your fears
- Educate you on car seat safety and infant

### Fast Track Weekend Classes...

Classes will be held on Saturday & Sunday from 8:30 AM to 5:00 PM on both days.

**Class Fee: \$80.00**

#### 2022 Dates

- January 8/9
- March 12/13
- May 14/15
- July 9/10
- September 10/11
- November 12/13

\*\*Please note: Weekend Childbirth Classes INCLUDE the Breastfeeding Class for no additional cost.

**COLORADO PLAINS  
MEDICAL CENTER**

## Breastfeeding Classes

Not only is breastfeeding beneficial to your baby's health, but it can benefit you in ways you may not have realized.

Classes will be held on Tuesdays from 6:30 - 9:00 PM for one session. Time for Sunday classes to be announced.

**Class Fee: \$30.00**

#### 2022 Dates

- January 9
- February 15
- March 13
- April 12
- May 15
- June 14
- July 10
- August 9
- September 11
- October 11
- November 13
- December 13



## Lactation Support

Our hospital provides support to moms before, during, and after a hospital stay. This includes:

- Latching and positioning
- Assuring weight gain after going home
- Finding the best option for a breast pump

Additional free resources include:

- Lactation Support Group every Wednesday, from 9:00 AM to 1:00 PM
- Hotline answered Monday - Friday, from 9:00 AM to 4:00 PM

## Infant & Child CPR

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!

**Class Fee: \$30.00**

*Call for dates*

## Car Seat Safety

Which car seat is best for your 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 to help you:

- Identify which car seat is best
- Learn how to install
- Make a safe choice for your child

**Class Fee: \$30.00**

*Call for dates*

## Hospital Tours



Tours are always free. Call 970-542-4378 to arrange your hospital tour!

For more information about our hospital, services, and physicians, visit [www.ColoradoPlainsMedicalCenter.com](http://www.ColoradoPlainsMedicalCenter.com)