

Registration Form

Registering for:

Childbirth Class \$65 Dates _____
Weekend Childbirth \$65 Dates _____
Car Seat Safety \$25 Dates _____
Infant/CPR \$25 Dates _____
Breastfeeding \$25 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

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.

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

Weekday Classes...

Classes will be held on Tuesdays from 6:30 PM to 9:00 PM for six sessions.

Class Fee: \$65.00

2021 Dates

- February 2 - March 9
- May 4 - June 8
- August 3 - September 7
- November 2 - December 7

Fast Track Weekend Classes...

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

Class Fee: \$65.00

2021 Dates

- January 9/10
- April 17/18
- July 17/18
- October 16/17

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.

Class Fee: \$25.00

2021 Dates

- January 10
- March 16
- April 18
- June 15
- July 18
- September 14
- October 17
- December 15



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, 9:00 AM to 4:00 PM

**COLORADO PLAINS
MEDICAL CENTER**

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: \$25.00

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: \$25.00

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