

# Great Expectations

## Preparing for Baby

### Attend Any or All Classes

For upcoming class dates, call 715-421-7500  
or visit [www.riverviewmedical.org](http://www.riverviewmedical.org)



### First Steps: Having a Healthy Pregnancy

Learn what mom can expect during pregnancy, including: physical and hormonal changes, signs and symptoms of problems, appropriate exercises, proper nutrition, breastfeeding vs. bottlefeeding, and much more. Mom will receive a nutritional analysis of your diet.

Attend as early in pregnancy as possible  
Fee: \$15 per couple

### Taking Care of Your Baby

Learn the latest on how to care for your baby, including bathing, diapering, and other baby care basics. Also learn about newborn appearance, Shaken Baby Syndrome, Sudden Infant Death Syndrome and more.

Attend anytime during pregnancy  
Fee: \$15 per couple

### Breastfeeding Basics

Learn about the advantages of breast-feeding, breast anatomy/physiology, first feedings, latch and positioning techniques, breast pumps and equipment, etc.

Attend during third trimester of pregnancy  
Fee: \$15 per couple

### Prepared Childbirth

Tour Riverview Family Birthplace. Learn the signs and stages of labor, exercises and comfort measures that can help with labor, the support person's role, optimal pushing, and delivery medical procedures.

Attend during third trimester of pregnancy  
Fee: \$50 per couple

All classes are held in the  
Riverview Medical Center  
Lower Level Conference Center.

\* Grandparents may attend any "Great Expectations" classes for free with a couple's paid registration. Please mention grandparents' name(s) when registering

\*\* If a couple registers for all the "Great Expectations" classes, they receive a 20% discount (pay just \$76 per couple).

Financial assistance scholarships are available to those who qualify. Please ask!