

AGREEMENT!

Class sizes are limited, a payment of \$35.00 must be received one week prior to class start date or if you receive Medicaid, a copy of your current Medicaid card must be on file one week prior to the class start date.

Your reservation will be confirmed when we receive payment or a copy of your Medicaid card.

We reserve the option to cancel or reschedule a class. Should this occur, participants will be notified of the cancellation or rescheduling of a class.

Participants are encouraged to attend every scheduled class. However, we understand things do happen and a missed class is unavoidable. Participants are allowed to miss one class. If more than one class are missed; the participants will be dropped from class.

Participants who complete all scheduled sessions will qualify for a free car seat!

Once class has started there are no registration refunds.

I understand the above agreement statement and have agreed with the terms and conditions.

Date: ____/____/____

Participant Signature

CLASS SCHEDULE 2013-2014



A Series of Four-Week Class

Time: 6:00-8:00 P.M.

Location:

Hoke County Health Center

Date: Starts the 1st Thursday
of every month.

[No classes are offered in November or December]

Please Call For More Information/

Visit us @

<http://www.hokecounty.net/>

Medicaid Accepted Program



It's a labor of love!

PREPARED CHILDBIRTH EDUCATION SERVICE OF HOKE COUNTY



*“Bringing quality to life
through people caring
for people.”*

Hoke County Health Department
683 East Palmer Rd.
Raeford, NC 28376

(910) 875-3717 Ext: 2104

WHAT IS PREPARED CHILDBIRTH EDUCATION?

Prepared Childbirth Education:

Teaches a variety of techniques in which a pregnant woman tries to minimize use of pain-relief medications during childbirth by learning relaxation and other coping skill.



Why Prepared Childbirth

Education Classes (CBE)?

For first-time moms, you and your partner will learn what to expect during childbirth and how to prepare for labor and birth. Topics include: pain control, breathing and relaxation techniques, labor partner training, medical procedures, the complete childbirth process and more. Likewise for experienced moms, these classes will help refresh your skills in preparation for childbirth.

CBE classes are recommended to expectant mothers who are in their second trimester.



CBE & Breastfeeding Basics:



Whether you have decided to breastfeed, or are considering the option and want more information, we will answer your questions. Information will be provided on benefits, getting started, preventing problems, breast care and more.

New-Born Care:

This session is designed to help parents improve their parenting skills through better understanding of both infants 'and parents' needs and behaviors. Topics include:

- Adjusting To Your Baby
- Feeding Your Baby
- Keeping Your Baby Well
- Parenting is Serious Business Part ~1 & 2

What to Bring to Childbirth Classes:

- A Snack
- A water bottle
- 2-3 pillows
- A Yoga mat or large towel
- A support person



"Fathers are encouraged to accompany expecting mothers!"

Enrollment is easy:

- **Call** (910) 875-3717 Ext: 2104
- **Fax** this form to (910) 875-1715
Attn: Cornelia Murchison
- **Mail this form:**
Cornelia Murchison
Hoke County Health Center
683 East Palmer Road
Raeford, NC 28376

Name: _____

Pregnancy Weeks: _____

Physician: _____

Phone (home): _____

(work): _____

(cell): _____

Address: _____

City: _____ State: ____ Zip: _____

Email: _____

Start date: _____

Type Of Payment:

Do not send cash in mail; a \$25.00 fee will be applied to all returned checks...

Check Cash Medicaid Other

Amount Paid \$ _____

