

Birthing Classes

Sharing the adventure of childbirth can be both exciting and mystifying. While not trying to interfere with the excitement, the more knowledge you have the less mystery there will be. Please allow me to help you understand this experience. The series of classes is designed to educate and relieve the anxiety of giving birth. It is especially designed for the patients of Drs. Nunnely, Reue, Sweeney, Grogono, Abikhaled, Kish, Gooch and Braunstein. In addition to working in this office, I have labor and delivery experience from Seton Medical Center, and Nursery experience from Scott and White Hospital. I have been teaching this class since 1996, and enjoy every minute of it! I am also certified as a Women's Health Nurse Practitioner. Please feel free to call me with your questions or concerns.

The classes are divided into a series of three. *1st class:* Anatomy/physiology of pregnancy; when to call the doctor; phases and stages of labor; what to expect the last month of pregnancy and breathing exercises. *2nd class:* Childbirth choices; relaxation and breathing techniques; pain medication options including epidurals; c-sections. *3rd class:* Highlights of breastfeeding, baby care, postpartum care and a tour of Seton's labor and delivery unit.

The recommendation for when to take the class is to have the series completed approximately one month before your due date. Typically a new series begins the first Tuesday of each month for 3 consecutive Tuesdays. We meet in our waiting room from 6:30-9:30 pm. Plan to eat dinner before class and bring a blanket/mat and pillow to the 2nd class for the floor work. The fee is \$80.00 per couple payable before the first class. No credit cards.

Registration can be done by completing this registration form and bringing it in to your next appointment; or by printing this form, and faxing it to 512-454-2801. You can also fill out this pdf form electronically and email to RNOBGYN@aol.com. Payment can be mailed or brought to your next appointment. Pre-registration can also be done by calling the office and asking for the Childbirth Class voice mail. I look forward to hearing from you!

For information on our Baby Care Basics class, please call (512)420-2962 and leave a voicemail; your call will be returned promptly.

Registration Form

Name: _____ Physician: _____

E-mail address: _____ Due Date : _____

Best phone number to reach you: _____ home/cell/work

Lynne Berdofe

1301 W. 38th Street, Suite 300 Austin, TX 78705

Phone: 512/454-5721 ext. 2980

Fax: 512/454-2801