

# 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. Nunnally, 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. Call ahead to schedule, as they fill quickly. Typically a new series begins the first Thursday\* of each month, for three consecutive Thursdays\* from 6:30-9:30 pm. They are held in our waiting room. The cost for the series is \$80.00. Plan to eat dinner before class.

Registration can be done via e-mail to [RNOBGYN@aol.com](mailto:RNOBGYN@aol.com); completing this registration form and bringing it in to your next appointment; or by downloading the information from our website [www.ObGynGroupofAustin.com](http://www.ObGynGroupofAustin.com), and faxing in your form. Payment can be mailed or brought to your next appointment. Pre-registration can also be done by calling the office and asking for the Birthing Class voice mail. I look forward to hearing from you!

For information on our Baby Care Basics class, please call (512)420-2987 and leave a voicemail; your call will be returned promptly.

---

## Birthing Class 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