



Prenatal Classes at CMC 2018



مرکز کلیم نصلو الطبی
CLEMENCEAU MEDICAL CENTER

AFFILIATED WITH **JOHNS HOPKINS** INTERNATIONAL



Organization accredited by the
Joint Commission International



Hotline 1240 • www.cmc.com.lb

FEAR: FALSE EXPECTATIONS ABOUT REALITY

Our Confident Prenatal Classes, Breastfeeding Essentials and Newborn Care will help alleviate your fears and Provide you with Realistic Expectations for Birth and Beyond.

Timing:

- Birth Seminar, every **first Tuesday from 3 till 5:30 pm.**
- Labor and Delivery session, every **third thursday from 4 till 6:30 pm.**
- Breast Feeding session, every **last Tuesday from 4 till 6:30 pm.**





Birth seminar:

- Mother and Baby friendly hospital.
- Meet Unit team: RMs, Pediatricians, Anesthesiologists, Dietitians.
- Checklist for delivery.
- Administrative issue as pre admission “induction or cesarean”, financial clearance, length of stay.
- Orientation to unit level.



Labor and Delivery session:

- Your body physical changes during Pregnancy.
- Pregnancy exercises.
- Healthy diet.
- Emotional & Psychological changes: Mothers/ Fathers.
- Stages of labor and delivery:
Signs of Labor/Your body position during labor.

A stylized illustration of a woman with long brown hair, wearing a purple top, breastfeeding a baby. The woman is shown in profile, looking down at the baby with a gentle expression. The baby is wearing a purple onesie and is positioned against the woman's chest. The background is a soft, light purple and yellow gradient.

Breastfeeding session:

- Advantage of breastfeeding to mother and baby.
- Physiology of breastfeeding.
- Skin to Skin contact.
- Breastfeeding positions.
- Management of sore nipples.
- Breast pumping and milk storage.



**Dear ladies come any time < 32 weeks of pregnancy
Attend with your companion our animated classes by calling us on 01372888,
extension: 1400 /1180 / 1190.**

Sessions are free of charge held in in the library B1



ALL
FOR
ONE
THE
MATERNITY
UNIT



Contact Information:
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