



Maternal Wellness

Pregnancy is an exciting time of major change and it's especially important that we adopt healthy habits during pregnancy. From the very start, your baby-to-be alters your body and the way you live your daily life. We encourage you to get regular prenatal care, make sure you are well-informed when making decisions, and follow a healthy lifestyle. You will be helping your baby to have a healthy start in life and helping yourself to feel your best.

Program Options:

- *Lactation consultation*
 - Baptist Medical Center: 405.949.3405
 - Bass Baptist, Enid: 580.548.1561
 - Canadian Valley: 405.717.6900
 - Edmond: 405.657.3250 or 405.657.3245
 - Grove Hospital: 918.786.4278
 - Lakeside: 405.936.1500
 - Miami Hospital: 918.540.7210
 - Southwest Medical Center: 405.644.5242

- *Online Childbirth Class*
 - Online childbirth class is ideal for expectant parents who can't attend an on-site childbirth class due to work schedules, time constraints, or medical conditions. The eight-chapter program is an interactive, web-based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth.
 - Online childbirth class will help you:
 - ✓ Understand pregnancy – what's happening to your body, discomforts, warning signs, nutrition, exercise, and more
 - ✓ Learn about labor – preparing for birth, pre-labor signs, onset of labor, 3D animation of labor process, and more
 - ✓ See how the stages of labor unfold – watch amazing real-life birth stories
 - ✓ Discover helpful comfort techniques – breathing, relaxation, massage, visualization, focal points, hydrotherapy, labor and pushing positions, advice for partners, and more