

Prenatal Classes

This class is designed to help you understand the process of labor and delivery and to also answer questions you may have about the process.

You will also have a chance to meet the labor and delivery nurses that will be caring for you on your big day including the following topics:

- Preparation for labor/comfort measures
- What to expect during labor and delivery
- True labor versus false labor
- Choices you can make
- Tour of Labor and Delivery Suites
- Normal care of a newborn
- After-delivery care of Mother
- Infant Safety
- Infant CPR
- Child seat Safety
- Benefits of breastfeeding
- Techniques, products, and clothing for optimal breastfeeding comfort
- Collection and storage of breast milk

With our highly trained instructors, you can be confident that you will receive the best education possible before the birth of your baby.

Prenatal classes are open to the public and free of charge to anyone delivering at Lucas County Health Center. They are \$10 for those not delivering at LCHC.

Classes are offered quarterly at LCHC. For more information about upcoming prenatal classes, please visit www.lchcia.com/obstetrics.aspx.

Mission:

We will promote and enrich the health and well-being of those we serve.

Vision:

Guided by our Core Values, we will provide quality, family-centered healthcare.

Core Values:

Stewardship
Excellence
Dignity
Hospitality
Integrity
Teamwork

Obstetrics

Delivering Miracles



LUCAS **LC** COUNTY
HEALTH **HC** CENTER

An Affiliate of  UnityPoint Health

1200 North 7th Street | Chariton, IA 50049
(641) 774-3000 | www.lchcia.com

Oh, Baby!

Good parenting begins with good obstetric care. At Lucas County Health Center, we strive to go above and beyond to provide the level of care needed for a healthy pregnancy and confident delivery.

By delivering at Lucas County Health Center, you will have the option to partake in free prenatal classes, receive free newborn photos, and more!

Newborn Photos

As our gift to you, all families will have the option to have photos taken of their newborn, complete with photo CD for you to take home.

3D/4D Ultrasounds

LCHC offers 3D/4D ultrasounds to patients who are delivering at Lucas County Health Center. Following your ultrasound, you will receive printed photos and a CD with electronic copies. For more information, ask your provider or call LCHC Radiology today at (641) 774-3223.

Our Providers



**Greg Cohen,
DO**



**Philip Sundquist,
MD**



**Sharon Squibb,
Certified Nurse Midwife**

Delivery Suites

We are proud to offer a state-of-the-art OB facility, offering you and your family an even greater birth experience. Expectant parents may await the arrival of their new baby in the comfort of beautifully appointed delivery suites with plenty of space for visiting family and friends. There is also a wonderful whirlpool spa in each room to help make your delivery as relaxing as possible. Complete with wood floors, oak and cherry cabinetry, as well as the comforts of home, each birth occurs under the skillful watch of highly trained medical professionals who specialize in obstetric care.

