



## Birth Center Tour

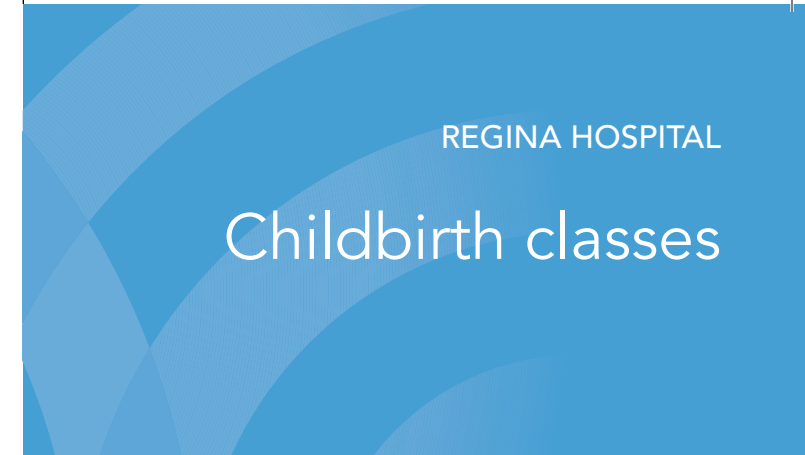
The birth center tour is for parents and families who plan to give birth or who may be considering a delivery at Regina Hospital, Family Birthing Center. This is a prehospital visit and tour to learn about details regarding your hospital stay and planning for your birthing experience. The tour includes Outpatient, Labor Delivery Recovery Postpartum (LDRP), Cesarean Section Postpartum rooms and general overview of the hospital.



Family Birthing Center  
1175 Nininger Road  
Hastings, MN 55033  
651-404-1200

[allinahealth.org/regina](https://allinahealth.org/regina)

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Regina Hospital's Birth Center is designed to make the delivery of your baby a joyful occasion. Our specially trained staff, of professionals, including family medicine and OB/GYN physicians, experienced nursing staff, lactation consultants and more, are dedicated to making your birth experience as pleasant and memorable as possible.

In addition, to help you welcome your newborn, we offer classes in childbirth preparation, lactation basics and infant CPR and choking. In addition, we offer you and your family and support persons tours of our facilities.

## Childbirth Preparation Class

This class is recommended for anyone who is expecting a child and their support person(s) that are delivering at Regina Hospital Family Birthing Center. It is best to attend this class at the end of the second trimester through the middle of third trimester. It is encouraged that you to come in comfortable, casual clothing. This 6 hour class is held at the Family Birthing Center at Regina Hospital. Breakfast, lunch and breaks will be provided. Topics that are covered during this class include:

- Labor and birth and the options available
- Relaxation, breathing, and comfort techniques to help you cope with labor
- The role of your spouse, partner or labor companion
- Use and choice of medications and medical procedures
- Cesarean birth
- Recovery and hospital stay
- Baby's safety
- Resources

## Infant CPR and Choking Class

This class is recommended for anyone who works with or cares for children. The course teaches caregivers how to respond to respiratory and cardiac emergencies, and choking in newborns up to one year of age. Space is limited and preference is given to mothers and their family who deliver at Regina Hospital.

## Breastfeeding and Lactation Basics

This class is for anyone who is interested in breastfeeding and learning about lactation basics. It is encouraged that your support person(s) attend. This class is best taken during the second half of pregnancy. Classes are held at the Family Birthing Center at Regina Hospital. Topics include:

- Nursing your baby (How soon? How often? How long?)
- How to get off to a good start and a good latch
- How to tell if your baby is "getting enough"
- Normal newborn behaviors
- How to prevent and treat common concerns
- How partners and others can help
- Resources for successful breastfeeding
  - Lactation Consultant available for guidance and support to help achieve your breastfeeding goals
- Pumping and going back to work
- Safe storage of breastmilk

**Please call the Family Birthing Center at 651-404-1200 to register for these free classes.**