



Childbirth A to Z

Pregnancy, Labor, Childbirth and Beyond

By: Kim Gustafson, ARNP

What: This 3 week, 1-1/2 hour class, covers pregnancy, nutrition and exercise in pregnancy, pain of labor, the stages of labor, birth plans, relaxation, medications, interventions, complications, vaginal delivery, cesarean delivery, postpartum adjustment, newborn care and postpartum depression.

When: The classes will meet three consecutive Monday's of each month from 6:30 pm to 8:00 pm.

Where: Kristin N. Schmidt, MD, PLLC /Methodist Medical Office Bldg. 2
18300 Katy Freeway, Suite 315 ~ Houston, TX 77094

Cost: \$65/couple (payable by cash or check to Kim Gustafson)

To schedule: Call me at 713-464-2100 ext. 1126 or 832-498-5055
OR e-mail me at kimmiegrn@gmail.com

Name of Mother to be: _____

Name of Father/Support Person: _____

Home#: _____ Work#: _____ Cell #: _____

E-mail address: _____

Physician: _____ Due Date: _____