

2022 Childbirth/Breastfeeding Classes at Hilo Medical Center

Thank you for choosing Hilo Medical Center's Childbirth/Breastfeeding classes. To sign up for the classes or if you have any questions, please call the Obstetrics Unit at 932-3371.

Class Times

Childbirth Classes: Tuesdays, 4:30-7:00 pm
Breastfeeding Classes: Mondays, 4:30-7:00 pm

Class Schedule

CB: Childbirth class
BF: Breastfeeding class

January

CB: 4, 11, 18 & 25
BF: 31

May

CB: 3, 10, 17 & 24
BF: June 6

September

CB: 6, 13, 20 & 27
BF: Oct. 3

February

CB: 1, 8, 15 & 22
BF: 28

June

CB: 7, 14, 21 & 28
BF: July 11

October

CB: 4, 11, 18 & 25
BF: Nov. 7

March

CB: 1, 8, 15 & 22
BF: 28

July

CB: 5, 12, 19 & 26
BF: Aug. 1

November

CB: 1, 8, 15 & 22
BF: 28

April

CB: 5, 12, 19 & 26
BF: May 2

August

CB: 2, 9, 16 & 23
BF: 29

December

CB: 6, 13, 20 & 27
BF: Jan. 2, 2023

Hilo Medical Center's Obstetrics Unit

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(808) 932-3371 • www.hilomedicalcenter.org

Childbirth Classes (\$60 for both classes and book)

Classes focus on what to expect during labor and delivery: Topics include comfort measures for labor, relaxation and breathing techniques, medical interventions for pain management, episiotomies, induction of labor and Cesarean birth. Videos, car seat installation and a hospital tour will help you prepare for your stay here at HMC.

Breastfeeding Basics Class (\$10 if only attending breastfeeding class)

Learn basic steps toward successful breastfeeding. The class will cover topics such as proper positioning and latching, how your body makes milk, frequency and duration of feedings, and the most common issues and concerns surrounding breastfeeding.



