

The birth of your baby is one of the most significant events you will experience in your life. It deserves careful, thoughtful, and advanced preparation.

Prepared for Birth will give you the knowledge and the confidence you will need to cope with the changes related to later pregnancy, labor and delivery, and the well-being of your newborn.



Contact Tammy for
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Obstetrics & Gynecology

For Women - By Women

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obgynwomenforwomen.com

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Prepared for Birth

Tamara J. Amundson, RNC, IBCLC



Obstetrics & Gynecology

For Women - By Women

Caterina Violi, MD
Marjan Hedayatzadeh, MD
Corinne de Cholnoky, MD
Lisa Violi, PA-C

Prepared for Birth



Prepared For Birth is a one day class focusing on the changes in later pregnancy, relaxation and breathing techniques for labor and delivery, available pain medications and anesthesia. In addition, Cesarean sections breastfeeding, cord blood banking options, hospital policies and procedures will be covered, and a tour of Greenwich Hospital will be provided.

Prepared For Birth is taught by Tamara (Tammy) Amundson, RNC, IBCLC who has been a labor and delivery nurse at Greenwich Hospital for over 25 years. Tammy is also a Board Certified Lactation Consultant.

Cord Blood & Tissue Banking: Your baby's cord blood is rich in stem cells, which are the master cells responsible for producing all of the mature cells in our blood and immune system. Cord blood stem cells have now been used in more than 30,000 transplants worldwide to treat nearly 80 diseases. In fact, cord blood education is now mandated by the states of Connecticut and New York.

Obstetrics and Gynecology for Women by Women recognizes the importance of cord blood preservation and offers monthly cord blood education seminars at their office. For more information on this workshop, email **Marion Welch** at mwelch@cryo-cell.com or call **800-786-7235 x2311**.

Class *Benefits*

- Receive up-to-date information
- Reduce stress and fear
- Provide confidence in the ability to give birth

Class *Objectives*

- Changes in late pregnancy
- Stages of labor and vaginal delivery
- Coping skills, breathing, and relaxation
- Pain-relief options
- Cesarean Sections
- Breastfeeding
- Hospital policies
- Tour of Greenwich Hospital birthing unit
- Cord Blood Stem Cells: Process for banking your baby's cord blood