



Childbirth Preparation for Teens

While teen pregnancy may not be the ideal life situation for a girl and her family, Palomar Pomerado Health (PPH) recognizes the need to help ensure that young mothers and their babies get the best start in life. PPH offers a five-week childbirth preparation class designed exclusively for expectant mothers under the age of 18.



Meet the Instructor

Kimberly Hicks
Certified Childbirth Educator

"I gave birth to my first daughter at age 20. I had very little support during my pregnancy and realized that it would have been very helpful to have information about what happens during the birthing process. Being able to educate pregnant teens is rewarding because I've basically been there and understand many of the feelings and concerns teens have. I want to help pregnant teens understand what is happening during labor and delivery so they can make the choices that are right for them."

This class series is free to expectant mothers under the age of 18 through funding provided by the Palomar Pomerado Health Foundation. To register, call **The HealthSource** at **800.628.2880** or visit **www.pph.org/classes**.

Led by a Certified Childbirth Educator, the series provides personalized instruction focusing on the following:

- Signs and Stages of Labor
- Vaginal and Cesarean Delivery
- Breathing and Relaxation Techniques
- Body Changes
- Hospital Procedures
- Newborn Characteristics
- Infant Feeding
- Postpartum Adjustments

All topics are tailored to the unique needs of a pregnant teen, and a tour of the birth center is included.

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Five-Week Series
Mondays, April 2 – 30
6:30 – 9 p.m.

FEE: Free – registration required

Palomar Medical Center
Birth Center Classroom, 4th Floor
555 East Valley Parkway
Escondido, CA 92025

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