



Heartland Women's Health Care, P.C.

2790 Clay Edwards Drive Suite 530 N. Kansas City, MO 64116 816-452-3300

Having a baby is a joyful experience, but it can be an anxious time. North Kansas City Hospital offers classes specifically designed to help answer these questions and ease some of the anxiety. These classes are either free or at a minimal cost.

Call **816-691-1688** for class dates, times, and registration information.

Childbirth Preparation

4-week class or 1-day Express class covers pregnancy, labor and delivery. Also includes a tour of the Maternity Care unit.

Beyond Birth

3-week class or 1-day Express class focuses on the postpartum period, newborn care and breast-feeding.

Grandparent Education

This class highlights changes in labor and delivery and newborn care. Learn how to support the new patients, safety issues and receive a tour of the Maternity Care Unit.

Sibling Education

Children 3 to 9 learn about the new baby that is soon to arrive.

Unit Tour

Call for scheduled tours of the Maternity Care Unit.

Breast-Feeding Education

Learn the benefits and how to begin breast-feeding a newborn.

Breast-Feeding Support Group

A free support group held from 1 to 3 p.m. on Tuesdays to provide information and reassurance for breast-feeding mothers. Lactation consultants answer questions and check baby's weight. The Back to Work group meets from 5 to 6:30 p.m. on the first Tuesday of each month.

To register for a class, call 816-691-1688

Pre-registration for Admission

To help save time when you present to NKC hospital in labor, it is recommended that all patients pre-register. There are three ways to get pre-registered:

- No more than thirty (30) days prior to your due date, you may call 691-5030 to pre-register for admission.
- Visit the hospital website at www.nkch.org and click on the "pre-registration tab" and complete all the fields.
- If at any time during your pregnancy you have an NST, Sonogram, etc., at NKC hospital, the hospital will hold your information in anticipation of your delivery; therefore, you will not need to call or get on line.

***If you have any questions about pre-registration,
please contact NKC at 816-691-5030.***