

# NEW MOTHER CLASS

## Your First 48 Hours

### What Happens After You Deliver

**Your First 48 Hours will help you understand what to expect during the first two to three days at the hospital and help you prepare for your stay. We will cover:**



- Routine tests your baby will need during the first two days
- How your family and friends can best support you while you're in the hospital
- Why exclusive breastfeeding is so important for your baby and the myths and facts about breastfeeding
- Changes you will experience as you recover from childbirth

**Where: Martin Luther King, Jr. Community Hospital, Meditation Room, 1<sup>st</sup> Floor**

**Registration: Asaiah Harville, (424) 338-8227**

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**Martin Luther King, Jr.  
Community Hospital**