



special delivery

individual instructional in home

A black and white photograph of two pregnant women in a birthing class. They are sitting on chairs, leaning forward, and smiling. The woman in the foreground is wearing a patterned top and wide-leg pants. The woman behind her is wearing a similar patterned top. The background is slightly blurred, showing a bright window.

individual

Childbirth classes are individual and are tailored to meet your special needs.

A black and white photograph of a pregnant woman with short dark hair, smiling as she measures her belly with a measuring tape. She is wearing a white short-sleeved top and white pants. The background is blurred, showing other people in a room.

instructional

Teaching materials, pictures, videos and other instructional literature are all brought to you.



in home

Classes are taught in the privacy and convenience of your own home.

every step of the way

Special Delivery understands the unique concerns you have during your pregnancy. We are here to calm, comfort and answer all your questions during this special time.



about jill

Jill graduated from the University of Iowa College of Nursing in 1985, and has nearly twenty years of experience in maternal – child nursing. She is a certified Childbirth Educator, and has taught childbirth classes for many years. Her patients and classroom participants give her outstanding evaluations.

Jill has had two pregnancies of her own. The first one began with premature labor and required many interventions, finally ending with an early delivery. During the second pregnancy she carried twins. All three of her daughters are today healthy teenagers. Her varied pregnancy experiences gives her special insight into the difficulties of high-risk pregnancy.

Deciding whether to breast feed or formula feed is an important and personal choice. Having used both methods in feeding her children, Jill can assist and support all new mothers.

courses & pricing

childbirth course \$200
(5 hours – 2 sessions at 2½ hours each)

- Anatomy and Physiology of Pregnancy
- Nutrition During Pregnancy
- Stages of Labor and Delivery
- When to Call a Doctor
- Pain Management
- Variations in the Birth Process
- Cesarean Birth and Recovery
- Vaginal Birth and Recovery

newborn course \$100
(2½ hours)

- Newborn Appearance
- Newborn Behavior
- The First Few Hours
- The First Few Days
- Care at Home
- Signs of Illness
- Safety Tips
- Breast Feeding
- Formula Feeding

In-home courses taught by appointment during daytime hours, evenings or weekends to suit your schedule. Call 847 736 7374.



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