

**Thank you for choosing  
St. Mary's Hospital to bring  
your new little ones  
into the world!**

*The decision to become a parent is one of the most important decisions you will make in your life. As babies do not come with instruction manuals, you rely on healthcare professionals for education and guidance.*

*To help you prepare for the exciting adventures of pregnancy, childbirth and parenting, St. Mary's Hospital invites you to take part in our wide variety of classes.*

### Registration

Pre-registration for these classes is required due to limited classroom space. You will be notified in advance of your class date. There is no charge for classes.

**To register, call (217) 464-2334.**

### In the Event of Inclement Weather

Expectant parents should not risk injury on slippery sidewalks or roads. In bad weather, every effort will be made to contact you at the phone numbers listed on your registration form.

### Refresher Childbirth: Second Time Around Class

This refresher class is a one 3-4 hour class for parents who have completed a previous prepared childbirth course. Instructors will review the current recommendations and trends and create a supportive environment for couples to share their previous birth experiences.

<b>February 21, 2012</b>	<b>6:30-9:30 pm</b>
<b>April 28, 2012</b>	<b>1:00-5:00 pm</b>
<b>June 19, 2012</b>	<b>6:30-9:30 pm</b>
<b>August 25, 2012</b>	<b>1:00-5:00 pm</b>

### REAL DADS ROCK!

Real Dads Rock is a class for fathers-to-be on quieting a crying baby, having fun with their new baby, bathing and feeding basics. This class enriches the father-to-be with skills to be confident in his major role in the care and birth of the new baby. The class held from 7:00-9:00 pm on:

<b>February 16, 2012</b>	<b>August 16, 2012</b>
<b>April 12, 2012</b>	<b>October 18, 2012</b>
<b>June 14, 2012</b>	<b>December 20, 2012</b>

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AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

1800 E. LAKE SHORE DRIVE • DECATUR, IL 62521

# ST. MARY'S HOSPITAL MATERNAL CARE



RESPECT CARE COMPETENCE JOY

## Childbirth Classes 2012



**St. Mary's  
Hospital**

**Maternal Care**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

## Childbirth Preparation Series

These classes are designed for you and a labor partner to help prepare for a positive birth experience whether you plan a natural delivery, or prefer the use of medication or an epidural anesthesia. Classes are open to all prospective parents. Classes are held on six consecutive Thursday evenings from 7:00 pm to 9:00 pm.

Topics include:

- Process of labor and birth
- Comfort measures for labor
- Use of birth ball/positioning for labor
- Supportive coaching techniques/partner's role
- Relaxation and breathing techniques
- Analgesia and anesthesia
- Cesarean birth
- Postpartum care and emotional needs
- Newborn care and infant massage
- Breastfeeding for the pregnant couple

\* We recommend you complete these classes approximately 2-6 weeks before your due date.

## Start Dates for 6 Weeks Series

All classes will be held in the Assisi Room unless announced otherwise.

<b>January 5, 2012</b>	<b>July 5, 2012</b>
<b>March 1, 2012</b>	<b>September 6, 2012</b>
<b>May 3, 2012</b>	<b>November 1, 2012</b>



## Breastfeeding for the Pregnant Couple

This class explains the advantages of nursing, breastfeeding techniques and positions, breast milk expression and storage, ways to prevent common problems, handling the first few weeks at home, and more. Fathers and support persons are encouraged to attend. Taught by our International Board Certified Lactation Consultants (IBCLC) and held from 7:00-9:00 pm on:

<b>February 9, 2012</b>	<b>August 9, 2012</b>
<b>April 5, 2012</b>	<b>October 11, 2012</b>
<b>June 7, 2012</b>	<b>December 13, 2012</b>

## Breastfeeding Support Group

While breastfeeding is a natural process, many women struggle for the first few weeks with breastfeeding issues. The breastfeeding support group can be invaluable for many women as they share knowledge with other breastfeeding mothers.

St. Mary's offer breastfeeding support groups that meet bi-monthly for free. Those who attend the meetings are all breastfeeding moms or individuals who support breastfeeding. The meetings are led by an International Board Certified Lactation Consultant.

**All meetings are held at Baby Talk - located at 500 E. Lake Shore Dr., Decatur on the second and fourth Mondays of the month from 10:30 to 11:30 am.**

## Sibling Class

Getting ready for the arrival of a brother or sister can bring out many emotions. Children ages three and older are invited to learn about the wonderful things in store for them. Class topics include:

- Holding and caring for a new baby
- Infant safety and good hand washing
- What happens when mom goes to the hospital
- What a new baby looks and sounds like

The class is held from 5:15-6:15 pm on:

**January 9, 2012**

**March 12, 2012**

**May 14, 2012**

**July 9, 2012**

**September 10, 2012**

**November 12, 2012**

## Infant and Child Safety Class

This class includes instruction on car seat safety and installation, sleep safety and SIDS prevention. The instructors are Car Seat Safety Technicians. This class is currently included in Childbirth Preparation Series but a Car Seat Safety Technician is available for car seat checks at any time by calling Jamie Wilkin at 464-5640. Watch for car seat safety days.

## Infant Massage

Newborn massage is a special way to enhance bonding and attachment and communicate to your baby that they are safe, loved and understood. Designed with respect for the newborn's unique physiological development, this massage will help ease baby's transition from the womb to the outside environment.

Classes are offered prenatally, with practice time on dolls provided in class. The class is taught by a Certified Infant Massage Instructor. Currently included in Childbirth Preparation Series, but if there is enough interest we will schedule a separate class.