

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 health care professionals for education and guidance.

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

Registration

Pre-registration for these classes is preferred. There is no charge for classes.

**To register, visit
stmarysdecatour.com
or call (217) 464-2334.**

In the event of cancellation or inclement weather

Expectant parents should not risk injury on slippery sidewalks or roads. When class is cancelled, every effort will be made to contact you at the phone numbers provided on your registration form. You also may call (217) 464-2334 to inquire about cancellations.



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HSHS ST. MARY'S HOSPITAL WOMEN AND INFANTS CENTER



RESPECT CARE COMPETENCE JOY

Childbirth Classes 2018

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



**HSHS
St. Mary's
Hospital**

**Women and
Infants Center**

Childbirth preparation series

These classes are designed for you and a labor partner to prepare for a positive birth experience whether you plan a natural delivery or prefer the use of medication or epidural anesthesia. Classes are offered free of charge and are open to all prospective parents.

Topics include:

- Last stage of pregnancy
- Preparation: packing a bag/birth plan/meal planning
- Pampering of mother (hands-on massage)
- Tour of Women and Infants Center
- Meet the midwife
- Stages of labor
- Birthing process
- Birth by cesarean section
- Medical procedures
- Epidural/anesthesia
- Comfort measures/breathing techniques
- Postpartum
- Normal newborn appearance and care
- Newborn bath and swaddling demonstration
- Infant comfort techniques
- Infant and child safety
- ABCs of baby care with a pediatrician
- Breastfeeding/Baby-Friendly®

**We recommend you complete these classes approximately two to six weeks before your due date.*

Start dates for the five-week series:

Five-week series classes are held Thursday nights from 6 to 8:30 p.m. in the Assisi Room on the ground floor of the hospital, unless announced otherwise

February 1, 2018

August 2, 2018

May 3, 2018

October 4, 2018



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. Meetings are lead by international board certified lactation consultants and certified lactation counselors.

See breastfeeding support group flyer for dates, times and locations.

Sibling class

Getting ready for the arrival of a brother or sister can bring out many emotions. Children ages 3 - 12 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

Attendees meet at the Women and Infants center on the third floor of St. Mary's Hospital. Class is 5:15 to 6:15 p.m. on:

February 6, 2018

August 7, 2018

May 8, 2018

October 9, 2018