

Having a Baby is One of Life's Greatest Experiences.

We at Saint Mary's have special courses to help you prepare for this exciting event. Taught by experienced Women and Infants' Center nurses certified in childbirth education, our classes will provide you with the information you need while giving you the opportunity to meet and interact with members of our staff.

We would like to let you know also about The Birthplace at Saint Mary's Hospital, which is the only birth center in Connecticut located in a hospital. Like other free-standing birth centers, The Birthplace at Saint Mary's is open to women with low risk pregnancies who desire the most natural childbirth experience possible with the guidance and support of a certified nurse-midwife working collaboratively with a board-certified obstetrician/gynecologist.

For more information about The Birthplace, its classes and tours see our website at stmh.org under "Patient Services." You can also call us at (203) 709-7270.

For more information about
the Expectant Parents Programs, call
Women and Infants Center
(203) 709-3105

Our registration form can also be
downloaded from www.stmh.org.



Subscribe to:

Baby Steps

our weekly e-newsletter.

This free service includes information,
news and resources to guide you
through pregnancy, labor and delivery
and into your baby's infancy.

Visit www.stmh.org and click on
Baby Steps newsletter to subscribe.



EXPECTANT PARENTS

2011 CLASS SCHEDULE




Saint Mary's
HEALTH SYSTEM
Exceptional care. Every patient. Every day.
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CLASS DESCRIPTIONS & SCHEDULE

EXPECTANT PARENTS PROGRAM

FEE: \$175

Our expectant parents program, designed to prepare you and your partner for labor, childbirth, and the postpartum period, is offered in **two formats**. The first is a **one-time, 7-hour class**; the second is a **four-week series of classes**. Topics for both include labor and delivery preparation, as well as comfort measures, relaxation and breathing techniques and early newborn care. Tours of the unit are included. Optional classes on breastfeeding and car seat safety as well as the Healthy Start class for early pregnancy are offered at no extra charge when enrolled in the Expectant Parents Program.

SATURDAY CLASSES

10:00 a.m. - 5:00 p.m. (one-time class) in GO2 A & B

January 8 (snow date: January 15)

June 11, August 6, November 19

WEDNESDAY CLASSES

6:30 p.m. - 9:00 p.m. (four-week series)

MARCH SERIES

March 2, 9, 16, 23

MAY SERIES

May 4, 11, 18, 25

SEPTEMBER/OCTOBER SERIES

September 14, 21, 28 & October 5

BREASTFEEDING CLASS

FEE: \$35 (Free with Expectant Parents Program)

This is a special **two-hour and 15 minute class** taught by a certified lactation consultant to prepare you for breastfeeding. Topics include getting breastfeeding off to a good start, maintaining a good milk supply, and how to know if breastfeeding is going well. Dads are encouraged to attend too!

WEDNESDAY CLASSES

6:45 p.m. - 9:00 p.m. in GO2 A & B

January 19 (snow date: January 26)

March 30, June 1, August 3,

October 19, December 7 (snow date: December 14)

INFANT CAR SEAT SAFETY CLASS

FEE: \$35 (Free with Expectant Parents Program)

Did you know that highway safety statistics show that 4 out of 5 car seats are installed incorrectly? This special **two-hour class** taught by certified Child Passenger Safety Seat Technicians will review basic car seat safety. Topics include a review of the car seat law in Connecticut, how to correctly secure your infant in his/her car seat, how to install your infant's car seat and where to go in the community to have your car seat installation inspected. If you have already received or purchased a car seat, please bring your seat to class with you so that you can learn how to use your seat correctly. Also, if you have one, please bring a doll or stuffed animal to class with you so that you can practice how to secure your infant in the car seat.

THURSDAY CLASSES

7:00 p.m. - 9:00 p.m. in GO2 A & B

January 20 (snow date: January 27),

March 31, June 2, August 4, October 20,

December 1 (snow date: December 15)

SIBLING PREPARATION CLASS

FEE: \$20 PER FAMILY

Our sibling class, best taken during the last 2 months of your pregnancy, is designed to help prepare your children for the new arrival. To be enrolled, children must be between 3 and 8 years old, be accompanied by at least one parent, and bring a doll or stuffed animal to the class to practice holding, wrapping, and diapering the baby. This class includes a discussion about babies, a short story and movie, and a tour of the unit. Children receive a "Prepared Sibling" award for completing this class. Minimum class size is 3 children.

SATURDAY CLASSES

10:00 a.m. - 11:00 a.m. in WIC classroom

February 5 (snow date: February 12)

April 2, June 4, September 3,

October 1, December 3

HEALTHY START ^{NEW!}

FEE: \$35 (Free with Expectant Parents Program)

An early pregnancy class that offers information to guide expectant moms through a healthy pregnancy. Typically this class is taken between 14 and 25 weeks of pregnancy – the earlier the better for mom and baby. Get the latest information from certified OB nurses concerning bodily changes, nutritional tips and physical exercises that safely prepare you for labor and delivery. Other topics include sexuality during pregnancy, warning signs to be aware of, things to avoid, and common discomforts with remedies that can help you feel your best during this exciting time.

TUESDAY CLASSES

6:30 p.m. - 8:30 p.m. in WIC classroom

February 8 (snow date: February 15)

April 12, June 7, August 2,

October 11, December 6

TOTAL PREGNANCY FITNESS™ ^{NEW!} DANCING THRU PREGNANCY®

FEE: \$45 FOR MONTH [ONE FREE TRIAL CLASS]
OR \$8 DROP-IN

This program includes enjoyable exercises from pregnancy-based yoga, birth preparation and cardio/strength activities. Research shows that the program helps relieve pregnancy discomforts, keeps moms-to-be healthy, and prepares you for labor and a speedy recovery following birth. It also provides social support and is provided by an expert pre/postnatal fitness instructor Kathleen Christiano.

PARENT-INFANT MASSAGE CLASS ^{NEW!}

FEE: \$49

Infant massage is a beautiful way to begin a lifelong relationship with your baby. It provides a special time of communication that fosters compassion, love and respect. This class is taught by a certified infant massage instructor, a member of The International Loving Touch Foundation, founded by Diana Moore, MS, LMT, CIMI.®

