

**Anderson Hospital Pavilion for Women  
Childbirth and Family Classes and Support Groups  
January – December  
2018**

**Prepared Childbirth Class** – This series of three classes includes information on the emotional and physical changes of pregnancy, warning signs, and birth. Topics covered include ways to cope with labor, how your support person can help, routine hospital procedures and pain relief options. Tour of the Women’s Pavilion included. **Fee: \$40.00**

	<u>MONDAYS</u> 6:00p - 8:30p	<u>WEDNESDAY/THURSDAY</u> 6:00p - 8:30p
January	15, 22, 29	11, 18, 25
February	5, 12, 19	
March	12, 19, 26	15, 22, 29
April	9, 16, 23	
May	7, 14, 21	9, 16, 23
June	4, 11, 18	
July	9, 16, 23	11, 18, 25
August	6, 13, 20	
September	10, 17, 24	13, 20, 27
October	8, 15, 22	
November	12, 19, 26	
December	3, 10, 17	

**Fast Track Childbirth Seminar** -This class presents content similar to Prepared Childbirth, given in a condensed, one-day, seminar format. Tour of Women’s Pavilion included.

**Fee: \$40.00**

**Saturdays: 9:00 am-4:00 pm**

**Fast Track Class Dates:** 1/20, 2/17, 3/17, 4/21, 5/19, 6/9, 7/21, 8/11, 9/22, 10/20, 11/10, 12/8.

**Sibling Class** – Covers the special role of the big brother/sister and teaches them about new baby care and behavior. One parent should plan to attend. Children must be at least 3 years old.

**Fee: \$10 first child. \$5 each additional**

**Saturdays: 10:00 am - 12:00 noon**

**Sibling Class Dates:** 1/4, 3/10, 5/5, 7/7, 9/8, 11/3.

**Breastfeeding Class** – Basic concepts of breastfeeding are covered. Topics include: getting off to a great start, speed bumps along the way, hospital support, returning to work, pumping, lifestyle changes and other related topics. Support person encouraged to attend. Question and answer period follows presentation.

**Fee: \$25.00**

**Wednesdays: 6:00-9:00 pm**

**Wed. Breastfeeding Class Dates:** 1/3, 3/7, 5/2, 7/12, 9/5, 11/7.

**Saturdays: 9:00 am -12:00 noon**

**Sat. Breastfeeding Class Dates:** 2/3, 4/7, 6/2, 8/4, 10/6, 12/1.

**Labor and Birth Options** - Did you enjoy the breathing and relaxation introduced in childbirth classes? Are you interested in a natural childbirth, doula, gentle birth, or more comfort techniques? This class provides information on current natural childbirth trends and options and gives you additional coping measures and partner support techniques and practice. Class size is limited.

**Fee: \$25.00**

**Tuesdays: 6:00-9:00 pm**

**Labor & Birth Options Class Dates:** 1/4, 2/8, 3/1, 4/5, 5/3, 6/7, 7/5, 8/2, 9/6, 10/4, 11/1, 12/6

**Infant/Child CPR** - You will learn American Heart Association guidelines on how to assist an infant or child who is choking or not breathing. Additional family members or care providers may attend but must also be registered.

**Fee: \$25.00**

**Mondays: 6:00-9:00 pm**

**Infant Child CPR Dates:** 1/8, 3/5, 5/1, 7/2, 9/4, 11/5.

**Prep School for Dads** - Learn the value and impact of a father's role in pregnancy, and in a newborn's life. Included are topics such as childproofing your home, car seat safety, baby blues, budgeting for the baby, and how to care for mom and baby in the first days at home. This class also includes an interactive session highlighting newborn care including bathing, diapering, swaddling, feeding and comfort strategies. Moms welcome and encouraged to attend, too! (**Note: This class repeats content from Here Comes Baby. Please choose one or the other.**)

**Fee: \$25.00**

**Tuesdays: 6:00-9:00 pm**

**Prep School for Dads Class Dates:** 3/6, 7/10, 11/6.

**Here Comes Baby!** - Comprehensive classes that will teach important information you need to parent your new baby from birth and beyond. Newborn topics include quality time, age appropriate play and stimulation, health, and safety. This class also includes an interactive session highlighting newborn care including bathing, diapering, swaddling, feeding and comfort strategies. (**Note: This class repeats content from Prep School for Dads, please choose one or the other.**)

**Fee: \$25.00**

**Tuesdays: 6:00-9:00 pm**

**Here Comes Baby Class Dates:** 1/9, 5/8, 9/11.

**Share Pregnancy and Infant Loss Support**-Group meets monthly on the 4<sup>th</sup> Tuesday. For location, support and information, call 618-391-5984 or [pregnancylosssupport@andersonhospital.org](mailto:pregnancylosssupport@andersonhospital.org)

**Dates and times are subject to change. Registration required and courses are open to the public. Please call the Pavilion Education office at 618-391-5983 or go online at [www.andersonhospital.org](http://www.andersonhospital.org) for updated information, locations, and to register for classes.**

**IF THERE IS A CONCERN WITH CLASS FEES PLEASE CONTACT THE PAVILION EDUCATION OFFICE AT 618-391-5983.**