

Pregnancy, Childbirth and New Parenting Classes

August - December 2010

Childbirth and Parenting Classes and Support Groups

Prenatal Education Classes

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Prenatal Education Classes

Pregnancy is a new and exciting time in your life. Learning all you can about yourself and the developing baby will help you make the right choices for a healthy pregnancy and ensure the good health of your baby. Our classes are taught by certified childbirth educators, RNs from the birthing center, lactation nurses and our OB providers.

Childbirth Education - Full 6-Week Series

6:30 - 8:30 p.m., Auditorium
 Mondays Sept 13 - Oct 18
 Wednesdays Oct 6 - Nov 10
 Mondays Nov 1 - Dec 6
 Wednesdays Dec 1 - Jan 12 (no class 12/22)

The full series of classes is designed for parents having their first baby, or those who have had children without the benefits of prepared childbirth education. Registration required.*

Childbirth Education - 2-part Saturday Class

9:00 am - 1:30 pm, Auditorium A
 Sept 11 and Sept 18
 Oct 9 and Oct 16
 Nov 13 and 20
 No classes in Dec

The class content is similar to the full series, but is offered in a condensed format. Registration required.*

Childbirth Education - Childbirth 101, 4-Week Series

Every Other Month, 6:30 - 8:30 pm
 Oct: Mondays, Oct 4 - 25

The class content is similar to the full series, but is offered in a condensed format, specific to the needs of teen and young adult parents. Registration required.*

Childbirth Education - Refresher Class

7:00 - 9:00 p.m., Auditorium
 Wednesday, September 15
 Monday, October 25
 Wednesday, November 17
 Monday, December 13

The refresher class is for parents who have attended prepared childbirth classes during a previous pregnancy. Registration required.*

Just for Dads Baby Basics Class

6:00 - 9:00 p.m., NCR#3
 Tuesday, September 28
 Tuesday, October 26
 Tuesday, December 21

Fathers will learn basic infant care skills such as holding, feeding, burping, changing diapers, comforting baby. (Sponsored by Monadnock Family Services of Keene). Registration required.*

Prenatal Breastfeeding Class

6:30 - 7:30 pm, Every month, Auditorium
 Wednesday, September 1
 Monday, October 11
 Wednesday, November 3
 Wednesday, December 29

Families learn the benefits of breastfeeding and "how-to's" for a successful breastfeeding experience. Registration not required. For further info, contact the Women & Children's Health Unit Lactation Resource Center at 354-5480.

Prenatal Aquatic Exercise Class

Every Tuesday, 4:30 - 5:30 p.m., Farnum Outpatient Rehab, Central Bldg, Lower Level

Prepare yourself for the birth process! The buoyancy effect of water decreases stress on the joints and reduces swelling, therefore decreasing pain and promoting wellness during pregnancy. Please call 354-6630 to register by the first Tuesday of each month. FEE: \$5 per class

Prenatal Yoga

Wednesdays 6:00 - 7:00 pm
 Auditorium, Central Building, Level 1

Practice postures and breathing techniques that will leave you relaxed, strengthened and rejuvenated. Learn helpful approaches to labor and birthing, and practical ways to relieve common aches and pains. For information, call the Prenatal Coordinator's Office at 354-6641. To register, please call 354-5454, ext. 4641 and leave a message.

Prenatal Smoking Cessation Education & Support Group

Call for dates and times.

Pregnant moms and partners learn about ways to help reduce/quit smoking, how to deal with people who smoke around them, and meet other moms to find out what is working for them. For more information and to register call the Prenatal Coordinator's office at 354-6641.

Managing Labor Pain

6:30 - 8:30 pm, Auditorium
 Monday, Oct 4
 Wednesday, Oct 27
 Monday, Nov 22
 Wednesday, Dec 15

This class is for women anticipating a vaginal birth and their partners to learn about coping strategies, medications and anesthesia. Taught by a doctor, midwife and labor and delivery nurse. The content of this program is included in the six-week and weekend classes. A tour will also be offered. Registration not required.

Sibling Class

One Saturday of Every Month, 10 - 11:30 am, North Conf. Rm. 1, North Bldg. LA
 September 18

October 16
November 20
December 11

Help prepare your family for the birth of your new baby. See the room where Mom will stay, visit the nursery and see a new baby, and more. Registration required.*

Beyond Birth - Caring for Moms & Babies

6:30 - 8:30 p.m., Auditorium A

Wednesday, September 15

Monday, October 18

Wednesday, November 10

Monday, December 6

Learn what to expect during the first three months as your family transitions after your baby's birth. (Note: This is the sixth class of the full 6-week series listed above). Registration not required.

Postpartum Classes

Once you've had your baby we encourage you to continue taking classes that help you stay healthy, provide support and help you connect with other mothers in the community.

"Moms" Club

Every Tuesday, 10:00-11:00 am, North Conference Rooms

Moms with babies newborn to two years old are invited to attend this program to discuss topics of interest such as mom and baby wellness, breastfeeding, sleep issues, and adjusting to parenting. A lactation consultant will attend each meeting. Registration not required.

Moms & Babies Yoga Class

Wednesdays, 9:30 - 10:30 a.m. Farnum Outpatient Rehab, Central Building, Lower Level

Enjoy the company of moms and new babies as we gently stretch, strengthen and rejuvenate. No prior yoga experience needed. Registration not required. For further information, contact Jennie Gryczka at 903-0436 or the Prenatal Coordinator's Office at 354-6641. To register, please call 354-5454, ext. 4641 and leave a message.

Mom & Baby Exercise Class

Thursdays, 11:30 am - 12:30 pm., Farnum Outpatient Rehab, Central Bldg, Lower Level

Our physical therapist will teach you exercises for Mom and baby, and how to massage your baby. Registration not required. For further information, contact Holly Calhoun, at 354-6630.

Stroller Fitness

Fridays, 3:00 pm, Children's Learning Center Parking Lot at Cheshire Medical Center

An opportunity for parents to enjoy the outdoors while socializing with other parents of similar-aged children.

Recommended ages are 6 weeks to whatever age the child still enjoys being in a stroller. Stretching, cardio intervals, abdominal work and toning are a few of the elements of stroller fitness. Jogging stroller is recommended, but not needed.

Bring water, snack, a toy and a towel or yoga mat. For more information call the Prenatal Coordinator's office at 354-6641. To register, please call 354-5454, ext. 4641 and leave a message.

Other:

Medela Breast Pumps Available to Rent

Call the Women and Children's Health Unit Lactation Resource Center at 354-5480

Infant Car Seat Checks

Call The Children's Learning Center, 354-5434 or 354-5454 x3600

Tours of Women & Children's Health Unit

Tours, including our birthing rooms, available on Wednesdays at 6:00 pm or by appointment. Please call 354-5454, ext 4641 to sign up for a tour. Tours may be canceled if the unit is busy.

*Unless otherwise noted, all childbirth and parenting education classes and support groups are FREE to those women who deliver their babies at Cheshire Medical Center. For class and support group information call Education, Training & Development at 354-5454, Ext. 2410. To reach your Prenatal Care Coordinator, call 354-6641.