

# Family Foundations Prenatal and Family Education



A woman's journey to motherhood can be less stressful and more rewarding for herself and her family with knowledge and support. Prenatal classes help prepare mothers-to-be and their families for the incredible change that is taking place in their lives. Women are encouraged to share the experience by bringing a support person to all classes.

## 2011 Class Schedule

### PREPARED CHILDBIRTH CLASS 4 WEEK SERIES

Bring 2 bed pillows to every class.  
6:30pm - 8:30pm • Education Rooms 1 & 2  
\$35

Wednesdays, February 2, 9, 16, 23  
Wednesdays April 6, 13, 20, 27  
Tuesdays, June 7, 14, 21, 28  
Tuesdays, August 9, 16, 23, 30  
Tuesdays, October 4, 11, 18, 25

### ONE DAY PREPARED CHILDBIRTH CLASS

Bring 2 bed pillows  
9am - 4:30pm • Education Rooms 1 & 2  
\$35

Saturday, January 22  
Saturday, March 19  
Saturday, May 14  
Saturday, July 9  
Saturday, September 24  
Saturday, November 19

### BREASTFEEDING CLASS - One Class

6:30pm - 8:45pm • Education Room 2  
\$10

Thursday, January 27	Thursday, July 14
Thursday, February 24	Thursday, August 11
Thursday, March 17	Thursday, September 8
Thursday, April 28	Thursday, October 13
Thursday, May 19	Thursday, November 10
Thursday, June 23	Thursday, December 8

### SIBLING CLASS - One Class

6pm - 7pm • Education Room 2  
\$10 per family

Monday, January 31  
Monday, March 28  
Monday, May 23  
Monday, July 18  
Monday, September 19  
Monday, November 7  
Monday, December 5

### PREPARED CHILDBIRTH CLASS - 4 WEEK SERIES

The Prepared Childbirth Class Series is highly recommended for its hands-on and often fun approach to dealing with labor, delivery and recovery. This series teaches comfort, relaxation, positioning, breathing, and massage techniques to increase the mother-to-be's comfort level during the birth experience. Birth preparation is discussed for a natural vaginal delivery, birth with an epidural, and cesarean birth. A class reunion is held after everyone delivers. Bring your pillows, your questions and don't forget to breathe. Expectant parents are encouraged to take these classes during the last 3 months of pregnancy. Bring 2 bed pillows to every class.

### ONE DAY PREPARED CHILDBIRTH CLASS

A condensed version of the Prepared Childbirth Class Series, the One Day Prepared Childbirth Class is designed to fit busy schedules. Expectant parents are encouraged to schedule this class during the last 3 months of pregnancy. A class reunion is held after everyone delivers. Bring 2 bed pillows to class.

### BREASTFEEDING CLASS

Recommended for the last 3 months of pregnancy, the Breastfeeding Class provides important information on lactation and successful breastfeeding. Participants will learn about positioning, latch-on, early feedings and the importance of assessing baby's intake. It even deals with working moms and their concerns about returning to work while breastfeeding. A list of important resources will also be available.

### SIBLING CLASS

Preparing siblings for the arrival of a new baby can be as confusing as it is joyous. The Sibling Class is designed for children 2 to 10 years of age, who will learn how to interact with a new baby through hands-on practice with dolls. One or both parents are asked to attend, and everyone will tour the mother/baby unit. Informative guidelines will also be available for parents. Families are urged to attend this class during the last three months of pregnancy.

All classes are held at Memorial Hospital for Women, 1900 W. Gauthier Road.  
Tours are available after all prenatal classes and at 1:30pm on the first Thursday of each month.

## 2011 Class Schedule

### BABY CARE CLASS - One Class

6:30pm - 8:30pm • Education Room 2  
\$10

Monday, January 10  
Monday, March 14  
Monday, May 9  
Monday, July 11  
Monday, September 12  
Tuesday, November 8

### INFANT AND CHILD CPR CLASS - One Class

This CPR class is NOT a certifying or credentialing course.

6:30pm - 8:30pm • Education Room 2  
\$5 per person

Monday, February 28  
Monday, April 4  
Monday, June 20  
Monday, August 15  
Monday, October 10  
Tuesday, November 29

### SAFE SITTER® CLASS - One Class

8:30am - 4:15pm • Education Rooms 1 & 2  
\$35 per sitter

Saturday, April 9  
Wednesday, June 1  
Wednesday, June 22  
Wednesday, July 13  
Wednesday, July 20

### BABY CARE CLASS

So many moms and dads feel uncertain and overwhelmed when they leave the security of the hospital with a new baby. The Baby Care Class helps answer those nervous "Now what do I do" questions and so much more. Parents-to-be are encouraged to attend this class in the last three months of pregnancy to learn more about newborn characteristics, general baby care, early parenting issues and community resources.

### INFANT AND CHILD CPR FOR FAMILY AND FRIENDS

While this is not a credentialing course, expectant parents, new parents and support persons will learn rescue techniques and CPR for infants in the first half of the class. Child and adult CPR will be taught in the second half of the class.

### SAFE SITTER® CLASS

The best sitter is a safe sitter! The Safe Sitter® Class is designed for boys and girls ages 11 to 13. Sitters learn safety tips, how to recognize a medical emergency, what the appropriate action should be during an emergency, such as when a child or infant is choking, and how to have fun with children.

*Registration is required for all classes. Fees are non-refundable, but classes may be rescheduled for a later date.*

*For more information or to register, call 480-7243.*

## Support Group for Moms & Babies

### LA LECHE LEAGUE LAKE CHARLES MEETINGS

10am - 11:30am • Education Room 2 • Free

Thursday, January 6  
Thursday, February 3  
Thursday, March 3  
Thursday, April 7  
Thursday, May 5  
Thursday, June 2  
Thursday, July 7  
Thursday, August 4  
Thursday, September 1  
Thursday, October 6  
Thursday, November 3  
Thursday, December 1

### LA LECHE LEAGUE LAKE CHARLES

A breastfeeding support group, La Leche League offers monthly meetings that are helpful for pregnant moms and moms who are already nursing. Meetings are free and open to mothers and babies. For more information, call Courtney at 540-6179, Tricia at 263-6774 or call Amber at 529-0802.



Lake Charles Memorial  
Hospital for Women  
FAMILY BIRTH CENTER



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