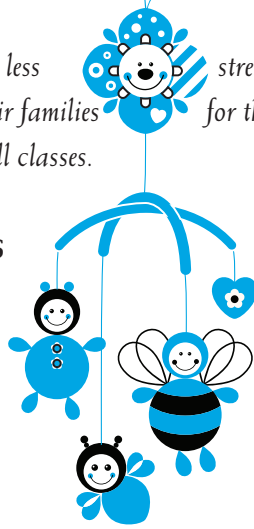


# 2012 Prenatal & Family Education Classes

A woman's journey to motherhood can be less stressful and more rewarding 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 bring a support person to all classes.



## PREPARED CHILDBIRTH CLASS 4 WEEK SERIES

Bring 2 bed pillows to every class.

6:30pm - 8:30pm

Guth Education Rooms 1 & 2

\$35

Tuesdays, January 10, 17, 24, 31

Tuesdays, March 6, 13, 20, 27

Wednesdays, May 2, 9, 16, 23

Tuesdays, July 10, 17, 24, 31

Wednesdays, September 5, 12, 19, 26

Mondays, November 5, 12, 19, 26

## PREPARED CHILDBIRTH CLASS SERIES

The Prepared Childbirth Class Series is highly recommended for a hands-on approach to dealing with labor, delivery and recovery. This series teaches comfort, relaxation, positioning, breathing, and massage techniques to increase the comfort level during the birth experience. Birth preparation is discussed for a natural vaginal delivery, birth with an epidural, and cesarean birth. 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

Bring 2 bed pillows to class.

Saturdays • 9am - 4:15pm •

Guth Education Rooms 1 & 2

\$35

February 11

April 14

June 9

August 25

October 27

## 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.

Bring 2 bed pillows to class.

## BREASTFEEDING CLASS - One Class

Thursdays • 6:30pm - 8:45pm

Guth Education Room 2

\$10

January 5

March 8

May 17

July 19

September 13

November 8

February 2

April 19

June 14

August 23

October 11

December 6

## 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 and the importance of assessing baby's intake. Information for moms who plan to continue breastfeeding when returning to work or school is included.

## SIBLING CLASS - One Class

Mondays • 6pm - 7pm • Guth Education Room 2

\$10 per family

January 16

April 9

July 2

September 24

December 3

February 27

May 21

August 27

October 22

## SIBLING CLASS

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. Families are urged to attend this class during the last three months of pregnancy.

REGISTRATION IS REQUIRED FOR ALL CLASSES.  
FOR MORE INFORMATION OR TO REGISTER, CALL 480-7243.

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.

More . . . . . ▶

# 2012 Prenatal & Family Education Classes

## BABY CARE CLASS - One Class

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

January 30  
March 12  
May 7  
June 11  
July 30  
September 10  
October 8  
Tuesday, November 13



## 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 CLASS

### One Class

This CPR class is NOT a certifying or credentialing course.

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

Monday, February 13	Tuesday, April 17
Thursday, June 21	Monday, August 20
Tuesday, October 2	Tuesday, November 27

## 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 - One Class

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

June 13  
June 20  
July 11  
July 18

## 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.

## Support Groups for Moms & Babies

### LA LECHE LEAGUE LAKE CHARLES

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

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

### LA LECHE LEAGUE LAKE CHARLES

A breastfeeding support group, La Leche 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 Amber at 529-0802.



Lake Charles Memorial  
Hospital for Women  
FAMILY BIRTH CENTER



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