

Highland Family Maternity Center *Family Classes January – March 2012*

Comprehensive Childbirth Preparation Series with tour: \$90.00 (mom & coach)

This class will help prepare you and your support person for a safer, more satisfying childbirth experience. Topics include: the process of labor, birth and postpartum; coping and coaching strategies for labor and delivery; breathing & relaxation techniques; pain management: medical interventions in labor and delivery; and what to expect with your hospital stay. Tour of Maternity Center included.

Weeknight, 6:30 – 8:30 pm four evenings

Tuesday January 3, 10, 17, 24
Thursday January 5, 12, 19, 26
Monday February 6, 13, 20, 27
Tuesday March 13, 20, 27, April 3

Sunday, 10:00 – 2:00 pm two half days

February 12 & 19; March 18 & 25

Comprehensive Childbirth Preparation

Express Class with tour

\$120.00 (mom & coach)

This class includes all topics in the series classes as well as newborn care basics in a one day format for mom and her coach. Tour of Family Maternity Center included.

Saturday, 9:00 am – 5:00 pm one day

January 7, 21; February 4, 18; March 3, 17

Labor & Birth Basics with tour

\$20.00 (mom & coach)

Learn how to recognize the signs & symptoms of labor and warning signs to report to your health care provider. Receive tips on what to pack and familiarize yourself with how to expedite your hospital admission during a walking tour of the Family Maternity Center.

One hour class

Tues. Jan 10 4:30 pm; Sat. Jan 28 1:00 pm;
Sun. Feb 19 2:30; Sat. Mar 24 1:00 pm

NEW! Prenatal Yoga starting soon

Learn breathing and postures designed to nurture the muscles that support your baby during pregnancy and labor. Many positions enhance flexibility of the pelvis and focus on opening and creating space for a healthy childbirth experience. Location and times to come.

Breathing & Relaxation Workshop

\$50.00 (mom & coach)

Demonstrations and practice of breathing patterns, focal points, muscle relaxation, and guided imagery for self hypnosis. This class empowers participants to manage pain through simulated labor contractions.

Weeknight, 6:00 – 9:00 pm

Wednesday January 11
Tuesday March 6

Optimize your Breastfeeding Experience

\$50.00 (mom & coach)

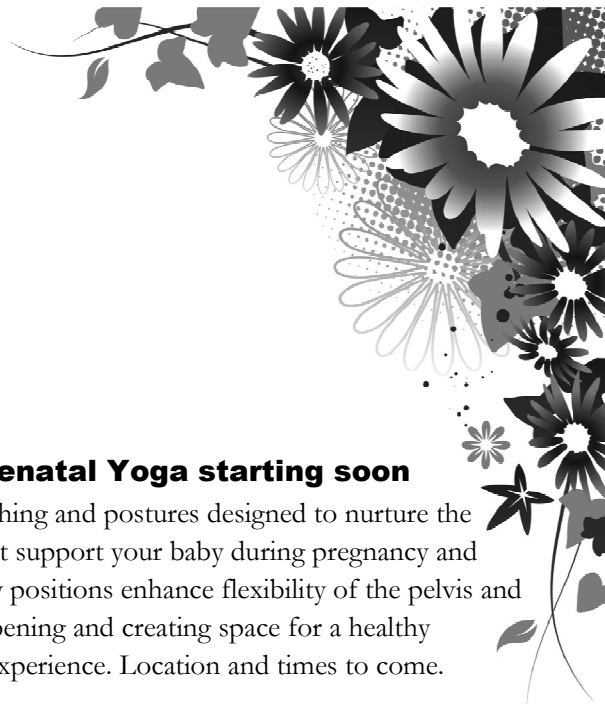
Board certified lactation consultants can help mom prepare for breastfeeding with confidence. Topics include evidence based information, techniques and strategies for getting breastfeeding off to a good start as well as managing common concerns, finding breastfeeding resources & support, and how to balance breastfeeding and work.

Wednesday, 6:00 – 9:00 pm

January 4, February 1, March 7

Saturday, 1:00 – 4:00 pm

January 21, February 18, March 17



Infant Care & Safety Series: \$60.00 (mom & coach)

Build confidence around how to nurture your baby’s development and ensure your newborn’s safety. Topics include getting ready for baby, newborn care and baby’s 1st year. Great for parents, grandparents & child care providers.

Weeknight, 6:30 – 8:30 pm two evenings

Monday January 16, 23
Tuesday February 14, 21
Thursday March 15, 22

Infant & Child CPR Class (Family & Friends – AHA) \$45.00 per person

This American Heart Association course is excellent training for any parent, grandparent, or child care provider.

Saturday 9 – 12:00 pm January 14, February 11, March 10

Sibling Preparation: Big Brothers and Sisters-To-Be \$20.00 1st child, \$5.00 each additional child (with parent or guardian)

Learn about Mom’s hospital stay, what new babies are like, and how things may change when a new baby arrives. A tour of the Mother/Baby unit is included.

Saturday, January 21, March 10

10:30 – 11:30 am (under 4 yrs old)
11:30 am – 12:15 pm (older than 4)

Free Family Maternity Center Tour

Please call or visit www.highlandhospital.org for dates/times offered.

Independent Learning Modules (requires credit card): Includes 2 week DVD loan and a class manual that you keep.

- Childbirth** \$ 15.00 (includes Gift of Motherhood manual)
- Bedrest** \$ 45.00 (includes Gift of Motherhood, Breastfeeding & Joy of Parenthood manuals)
- Breastfeeding** \$ 15.00 (includes Breastfeeding manual)
- Infant CPR anytime** \$ 45.00 (includes AHA Family & Friends manual, & practice manikin)
- Infant Care** \$ 15.00 (includes Joy of Parenthood manual)
- Epidural** \$ 15.00 (includes Gift Of Motherhood manual)

To register (please register in advance for all programs) **or for more information:**

Call (585) 473-2229, Email: hhclasses@urmc.rochester.edu, Visit: www.highlandhospital.org
Or complete this form and send it with a check (payable to Highland Hospital OB Education) to:
Highland Hospital, 1000 South Avenue, Box 112, Rochester, NY 14620

Insurance or financial assistance: Check with your health care insurer regarding discounts they may offer. Sliding-scale class fees and Medicaid insurance discount is available for low income families.

Cancellation Policy: Cancellations and withdrawal requests may be arranged by calling 585-473-2229. At least 48 hours advance notice is required for all refunds unless a medical emergency exists. A \$5.00 processing fee will be deducted from all refunds. We reserve the right to cancel classes due to low enrollment or inclement weather. We will make every effort to reschedule your class in these situations.

Name _____ Support Person _____

For Sibling Class: Child’s Name _____ Age _____

Address _____ City _____ State _____ Zip _____

Phone (home) _____ (cell/work) _____ Email _____

Due Date _____ Doctor or Midwife _____ Hospital _____

Name of Class _____ Date/Time _____ Fee _____

Name of Class _____ Date/Time _____ Fee _____

Name of Class _____ Date/Time _____ Fee _____

Total Amount Enclosed: _____