

Prenatal Newborn Care Class

Dates (Sunday): 7/12, 7/26, 8/9, 8/23, 9/13, 10/18, 11/8, 12/6

Class Time: 1:00 - 2:30 pm

All classes held in A & B Conference Room

Fee: \$20 includes mother and support person.

You will learn about:

- Newborn appearance, behavior and reflexes
- Feeding your newborn
- Caring for your newborn – including bathing, diapering, taking a temperature and cord care
- Safety – safe sleep environment, car seats
- When to call the doctor

Breastfeeding:

Best for You, Best for Your Baby

Dates (Saturday): 7/11, 8/8, 9/12, 10/10, 11/14, 12/12

Class Time: 1:00 pm - 3:00 pm

All classes held in A & B Conference Room

Fee: \$35 includes mother and support person

Free for U of R employees

Today, most women are choosing to breastfeed. Breastfeeding is the healthiest way to feed your baby. You may feel unprepared for what lies ahead – that's normal. You probably have lots of questions about breastfeeding. That's okay. This class covers the benefits of breastfeeding, how to get started, positioning, latching, how to tell that your baby is getting enough to eat, and preparing the entire family for the breastfeeding experience

Breastfeeding & Returning to Work

Dates (Saturday): 8/22, 11/21

Class Time: 1:00 - 3:00 pm

All classes held in Lund Room

Fee: \$20 includes mother and support person

Free for U of R employees

In this class you will learn tools to promote confidence in your decision to continue breastfeeding successfully as you return to work. U of R employees will tour the employee pumping place.

Sibling Class

Dates (Saturday): 9/19, 12/5

Class Time: 10:00 am - 12:00 pm

Class held in Lund Room

Fee: \$25

This class is ideal for children ages 3 to 10 years. Each child attending should bring a doll or stuffed animal, and a photo of himself or herself as a newborn. Also, please encourage your



(Sibling Class Cont.)

child to bring a drawing of their family.

You and your child(ren) will learn about:

- What it will be like to have a new baby in the family
- Becoming a big sister or brother
- How a baby is born (using a book and a doll)
- Short tour to see where mommy will be

Those children planning to attend the birth of their new siblings are encouraged to stay for an additional 30 minutes. We will be giving more information on the process of labor (using charts and drawings) and a family centered birth video will be shown.

Grandparents Class

Dates (Saturday): 9/26, 12/19

Class Time: 1:00 - 3:00 pm

All classes held in Lund Room

Fee: \$20 for one or two persons

Free for U of R employees

This class focuses on grandparents learning about "today's baby." Join other grandparents and learn the newest recommendations on safe sleep, car seats, breastfeeding and more.

Registration

Please call the Strong Beginnings Office at 585.275.4058 to register. Interpreter services available with request in advance.

Send payment by mail or pay Online:

Please make check payable to Strong Beginnings and mail payment to: Strong Beginnings Office 601 Elmwood Avenue, Box 619-12, Rochester, New York 14642, or pay Online via link that will be sent to you. All payments must be received within two weeks of registration.

Strong Beginnings Classes

The best start for you, your baby
and your whole family.



Preparing Families for a Strong Beginning
July – December 2015 Class Dates
To register, please call 585.275.4058



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Having a baby. It's a time for planning and dreaming...a time of wonder...a special time you'll remember your whole life. Most importantly, it's the beginning of a new family and a special relationship between you and your baby.

Strong Memorial Hospital is privileged to share the joy of your delivery experience as we help you and your baby to a safe and healthy start.

We're glad you've chosen to give your new family a Strong Beginning!!

Orientation Class and Walking Tour

Dates (Sunday): 7/12, 7/19, 7/26, 8/2, 8/9, 8/23, 8/30, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 12/6, 12/13, 12/20

Class Time: 3:00 - 4:00 pm

Class held in A & B Conference Room

Fee: No charge; however, pre-registration is required.

Tour begins in the A & B conference room on the second floor above the main lobby. It is suggested you register for this class approximately three months prior to your due date.

You will have an opportunity to:

- Take part in a walking tour of the Obstetric Service at Strong Memorial Hospital.
- Watch a short slide presentation about the areas not included in the walking tour.
- Learn about what to expect during your hospital stay.

Marvelous Multiples Childbirth Class and Tour

Dates (Saturday): 9/19, 12/5

Class Time: 9:00am - 4:00pm

Class held in Lund Room

Fee: \$95 includes mother and one support person

Expecting twins or more? This interactive full day class is for you. In this class you will learn what to expect during your pregnancy, how to cope with possible complications and how to be prepared for your own delivery. Both vaginal and cesarean deliveries will be discussed. We will also review postpartum, breast feeding and your first weeks at home. The class includes a tour of the Obstetric Service and NICU units, as well as a guest from Greater Rochester Mothers of Twins Club (GRMOTC) a support group for mothers and mothers-to-be of multiples. You may bring a lunch or purchase in our cafeteria.

Prepared Childbirth Class & Tour

Childbirth Four Week Series

July: Tuesdays: 7/7, 7/14, 7/21, 7/28

August: Tuesdays: 8/4, 8/11, 8/18, 8/25

September: Thursdays: 9/3, 9/10, 9/17, 9/24

October: Wednesdays: 10/7, 10/14, 10/21, 10/28

November: Monday: 11/9, 11/16, 11/23, 11/30

Class Time: 6:30 - 8:30pm

Class held in A & B Conference Room

One Day Childbirth Class & Tour

This class is another option for expectant parents and covers all of the weekly series content in one full day.

July 25, Saturday: 9:00 am - 4:00 pm

December 12, Saturday: 9:00 am - 4:00 pm

Fee: \$95 includes mother and support person, one parking voucher per class.

In conjunction with our Prepared Childbirth classes you may attend our Breastfeeding: Best for You, Best for Baby class at no charge, (parking pass not included). Please call to register.

You will learn about: process of labor, relaxation techniques, breathing techniques and positions for labor and birth, comfort measures, including medications, coach's role, what to expect during your hospital stay and preparing for baby at home. This class also includes a tour of our obstetric service. It is suggested that you call and register early and plan to attend in your last trimester.

Online Childbirth Class

Can't come to class? We can come to you!

Fee: \$65.00 and grants you unlimited Online access for 60 days.

You can preview a demo at: www.birthclasses.urmc.edu

Our Online childbirth class is the perfect alternative for expectant parents who can't attend an on-site childbirth class due to work schedules, time constraints or medical conditions. Have you given birth before? This Online class is a great refresher course! While nothing can replace the personal connection of an on-site childbirth class, you'll learn the same essential information. Please call and also register for our Orientation Class and Walking Tour.

Our Online childbirth class will help you:

- **Understand pregnancy** – what's happening to your body, discomforts, warning signs, nutrition, exercise and more
- **Learn about labor** – preparing for birth, pre-labor signs, onset of labor, 3D animation of labor process and more
- See how the stages of labor unfold – watch amazing real-life birth stories
- **Discover helpful comfort techniques** – breathing, relaxation, massage, visualization, focal points, hydrotherapy, labor and pushing positions, advice for partners and more
- **Learn about Strong Beginnings** – information about our rooms, services, parking and visitor policies

Prepared Childbirth Refresher Class & Tour

Dates (Saturday): 7/18, 10/24

Class Time: 1:00 pm - 4:00 pm, **Class held in Lund Room**

Fee: \$30 includes mother and support person

Topics covered will include:

- Comfort measures including relaxation and breathing techniques, as well as medications
- Sibling preparation and planning for your changing family
- Reflect on your previous birth experience
- Learn about vaginal birth after Cesarean
- Walking tour of Obstetric Service



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