



TOURO INFIRMARY 2012 CHILDBIRTH EDUCATION CLASS CALENDAR

CHILDBIRTH EDUCATION SERIES

The Childbirth Education Series is a four-class series recommended at 30 weeks or 6 1/2 months gestation and can answer any looming questions. Class I addresses forming a birth plan, recognizing early labor signs and the stages of labor. Class II focuses on pain management and medical interventions. In Class III, we discuss birth and changes after delivery. Finally, Class IV is all about baby.

TUESDAYS AND WEDNESDAYS

7 PM—9 PM

PRESIDENTS ROOM

Tuesday Series:

Series 2: Jan. 31, Feb. 7, 14, 28
Series 3: Mar. 6, 13, 20, 27
Series 4: Apr. 3, 10, 17, 24
Series 5: May 1, 8, 15, 22
Series 6: June 5, 12, 19, 26
Series 7: July 10, 17, 24, 31
Series 8: Aug. 7, 14, 21, 28
Series 9: Sept. 4, 11, 18, 25
Series 10: Oct. 2, 9, 16, 23
Series 11: Nov. 6, 13, 20, 27

Wednesday Series:

Series 4: Apr. 4, 11, 18, 25
Series 5: May 2, 9, 16, 23
Series 6: June 6, 13, 20, 27
Series 7: July 11, 18, 25, Aug. 1
Series 8: Aug. 8, 15, 22, 29
Series 9: Sept. 5, 12, 19, 26
Series 10: Oct. 3, 10, 17, 24
Series 11: Nov. 7, 14, 21, 28

LACTATION CLASS

The Lactation (Breastfeeding) Class is designed to teach mothers the basics of breastfeeding.

Designed for moms who already know they want to breastfeed and for moms who want to know more about breastfeeding.

- Anatomy and Physiology of the Breast
- Care and Preparation of the Breast
- Breastfeeding Techniques
- Pumping and Storage of Breast Milk

THURSDAYS, 7 PM—9 PM

PRESIDENTS ROOM

Jan. 19	July 19
Feb. 23	Aug. 16
Mar. 15	Sept. 20
Apr. 19	Oct. 18
May 17	Nov. 15
June 21	Dec. 20

SIBLING CLASSES

The Sibling Classes are where children learn what to expect when a new baby enters the family. The class is designed for children 4 years to 11 years of age.

- What Happens When Mom Goes to the Hospital
- What to Expect When the Baby Comes Home
- Explore Ways Older Siblings Cope with the New Arrival
- Explore Ways Older Siblings can Help with the New Baby
- Tour the Family Birthing Center

SATURDAYS, 10 AM—12 PM

COLISEUM ROOM

Jan. 28
Apr. 28
July 28
Oct. 27

Registration is encouraged.

For more information or to register for the Childbirth Education Series, Lactation or Sibling classes, please visit www.touro.com/fbc.

Complimentary parking will be available for all classes in Touro's parking garage on Delachaise Street across from the Emergency Department.



TOURO INFIRMARY 2012 CHILDBIRTH EDUCATION CLASS CALENDAR

***PREPARED AND POSITIVE CHILDBIRTH CLASSES**

The Prepared and Positive Childbirth Class is a weekend class designed to give expectant couples the confidence, knowledge and skills necessary for a safe and satisfying family-centered birth experience. The class offers birth education as well as hands-on practice of relaxation, breathing, and coping techniques for labor and birth. Partners will learn how to best comfort and support a laboring woman and moms will learn to utilize their own unique coping skills.

The classes will cover:

- Stages of Labor
- Communicating Birth Preferences
- Relaxation and Breathing for Labor and Birth
- Positions for Labor and Birth
- Partner Participation and Comfort Measures

**SATURDAYS, 9 AM—2 PM
COLISEUM ROOM**

Series 1: Jan. 14 & 15
Series 2: Mar. 3 & 4
Series 3: Apr. 14 & 15
Series 4: June 23 & 24
Series 5: July 14 & 15
Series 6: Sept. 1 & 2
Series 7: Oct. 6 & 7
Series 8: Nov. 10 & 11
Series 9: Dec. 15 & 16

***BALANCE BORN CHILDBIRTH CLASSES**

The Balance Born Childbirth Class is an eight-class prenatal childbirth preparation series focusing on natural, family-centered birth and parenting preparation. During this “hands-on” class a range of topics will be explored and practiced. The classes stress partner involvement, birth as a natural process, knowledge of options, balancing choices, pain management, and finding the balance of family life.

- Class 1 Introductions
- Class 2 Here's Baby
- Class 3 Transformations and early parenting
- Class 4 Exercises and Labor
- Class 5 Signs and Sensations of Labor
- Class 6 Positions and Comfort Techniques
- Class 7 Bearing Your Baby Out
- Class 8 Labor Variations and Guests (former students)

**MONDAYS, 7 PM—9 PM
PRESIDENTS ROOM**

Series 1: Jan. 9, 16, 23, Feb. 6, 13, 27, Mar. 5, 12.
Series 2: Mar. 19, 26, Apr. 2, 16, 23, 30, May 7, 14
Series 3: June 18, 21, 25, 28, July 2, 5, 9, 12
Series 4: Aug. 6, 13, 20, 27, Sept. 10, 17, 24, Oct. 1
Series 5: Oct. 15, 22, 29, Nov. 5, 12, Dec. 3, 10, 17

Registration is encouraged.

For more information or to register for the Prepared and Positive Childbirth and Balance Born classes, please call Crys Aprill at (504) 352-8521.

***These classes have a fee. The instructor will provide the cost upon registration.**

Complimentary parking will be available for all classes in Touro's parking garage on Delachaise Street across from the Emergency Department.

Visit us online at www.touro.com/fbc