



2009 & 2010 Mom, Dad, Child Classes

Free Classes for Parents

To register for classes please call 947-6388

February - May 2010 Class Schedule

both parents are encouraged to attend all classes

Prepared Childbirth

We will give you information about relaxation techniques, breathing techniques, medications and more. Then along with your doctor, customize your very own birthing experience.

6-9pm OB Classroom. Feb 3, March 3, April 7, May 2

Baby Basics

Learn the ABC's of infant care; holding, bathing, diapering, when to call the doctor, and early newborn needs.

6-9pm OB Classroom. Feb 10, March 10, April 14, May 12

D.A.D. (Daddy Attends Delivery)

This informative, light-hearted class will ease fears & inspire dads in the many ways they can impact the lives of their newborns.

6-9 pm OB Classroom. Feb 24, March 31, May 19

Breastfeeding

Even though breastfeeding is nature's way, special techniques and problem prevention are necessary to make it the nurturing experience you want for you and your baby.

6-9 pm OB Classroom. Feb 1, March 1, April 5, May 3

Big Brothers and Big Sisters

Siblings age 4 and older will learn how to hold, play, and talk to the new baby & be generally prepared to accept the newborn into the family.

4-5:30 pm, OB Classroom. March 4, May 6

SATURDAY Combo Class (childbirth/baby basics/safe and secure)

If you would prefer a Saturday class, join us for our combo class where we will review the birthing process, safety, and baby basics. This is a condensed version of the 3 classes.

8am-4pm, with a lunch break. OB Classroom. Feb 6, March 6, April 3, May 8

Safe & Secure

Learn what you need & what you do not need when baby proofing your home. We will discuss hospital safety measures, carseat information & more.

6pm - 9pm, OB Classroom. Feb 17, March 24, April 21, May 19

Parent Support Group

After you take your baby home, support groups are a wonderful way to exchange information & experiences. Support is also an important component for getting back to feeling like you again. "If breastfeeding is so natural, why doesn't it seem to come naturally?" This and a multitude of other questions & concerns will be discussed.

6-7pm, OB Classroom. Feb 4, March 4, April 1, May 6

Twofit

Workout while you are pregnant at a discounted rate. For more information on working out, contact Community Health Club.



tiny toes
A TIP-TOP MATERNITY CLUB

All classes taught by our
"Unique Male/Female team":
Evelyn Ashley RN & Steve Hammer RN
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