



Saint Elizabeth's Medical Center
MINISTRY HEALTH CARE

Thank you for choosing Saint Elizabeth's Birthing Center. We Promise to keep you and your family first in everything we do. Saint Elizabeth's, together with our providers and partners, offers a variety of activities, support, and education to help parents and families prepare for their birthing experience. The following classes are designed to provide you with valuable information, resources, education, and support to assist you before, during, and after your delivery.

2012 PARENT & FAMILY EDUCATION SCHEDULE

Childbirth Preparation (2-part series)

Dates & Times:	Tuesdays, January 10 & 17	6:30 – 8:30 p.m.
	Tuesdays, March 6 & 13	6:30 – 8:30 p.m.
	Tuesdays, May 8 & 15	6:30 – 8:30 p.m.
	Tuesdays, July 10 & 17	6:30 – 8:30 p.m.
	Tuesdays, September 11 & 18	6:30 – 8:30 p.m.
	Tuesdays, November 6 & 13	6:30 – 8:30 p.m.
Fee:	\$20.00 per couple	

Benefits of Breastfeeding

Dates & Times:	Tuesday, January 10	5:30 – 6:30 p.m.
	Tuesday, March 6	5:30 – 6:30 p.m.
	Tuesday, May 8	5:30 – 6:30 p.m.
	Tuesday, July 10	5:30 – 6:30 p.m.
	Tuesday, September 11	5:30 – 6:30 p.m.
	Tuesday, November 6	5:30 – 6:30 p.m.
Fee:	\$10.00 per family	

Sibling Class

Dates & Times:	Tuesday, January 17	5:30 – 6:30 p.m.
	Tuesday, April 17	5:30 – 6:30 p.m.
	Tuesday, July 17	5:30 – 6:30 p.m.
	Tuesday, October 16	5:30 – 6:30 p.m.
Fee:	\$5.00 per participant/couple	

All classes are held at Saint Elizabeth's Medical Center. To register for Life Connections programs, call Saint Elizabeth's, 651-565-4531, and ask for the OB Department. Payment must be made prior to class attendance. Mail check, payable to Saint Elizabeth's Medical Center, to attention of Linda Schmidt, OB Coordinator, Saint Elizabeth's, 1200 Grant Blvd. W. Wabasha, MN 55981. Financial assistance is available to those who cannot afford program fees.

NOTE: Classes may be cancelled due to low attendance. You will be notified if classes are cancelled.

SUMMARY OF EDUCATIONAL OFFERINGS

Saint Elizabeth's Medical Center, together with our providers and partners, offers a variety of activities, support, and education to help parents and families prepare for their new arrival. Parent and sibling education programs help families create a nurturing, fulfilling, and secure environment for their children.

CHILDBIRTH EDUCATION SERIES

Topics include:

- Anatomy of the Pregnant Women
- Overview of Labor
- The Stages of Labor
- Labor Variations
- Comfort Measures During Labor
- How to Time Contractions
- Breathing Techniques
- C-Section/VBAC
- Medication Options
- Childbirth Choices/Birthing Center Tour
- Postpartum Care
- Characteristics of the Newborn

BENEFITS OF BREASTFEEDING

Topics include:

- Breastfeeding benefits for mom and baby
- How breastfeeding works
- Feeding patterns of breastfeeding babies
- Hunger cues
- Breastfeeding discretely in public

SIBLING CLASS

Children and parents are encouraged to bring stuffed animal for diaper practice and a picture of you for your new baby's first birthday card. Recommended ages: 3 years to 8 years old.

If you have questions about classes or content, please contact Linda Schmidt, OB Coordinator, 651-565-4531, or email linda.schmidt@ministryhealth.org.



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