

New Beginnings, 2010 Calendar

PREPARATION FOR CHILDBIRTH

Mini Beginnings: Designed with the busy mother-to-be in mind, this one night mini class gives a concise, brief overview of labor & delivery, comfort measures including breathing techniques, pain control options and a tour of the New Beginnings Family Birth Care. Class meets on selected Monday evenings at 5:30 pm or 6:30 pm and lasts approximately 2 ½ hours. Class size is limited, please register early. Tuition: \$25 per couple. They meet in the Chawla auditorium, Saint Francis Hospital and Medical Center.

Dates:

1/4 5:30-8pm
1/4 6:30-9pm
1/18 5:30-8pm
1/18 6:30-9pm
2/1 5:30-8pm
2/1 6:30-9pm
3/8 5:30-8pm
3/8 6:30-9pm
3/22 5:30-8pm
3/22 6:30-9pm

Classic Beginnings: This 3 week class is based in the traditional prepared childbirth model. Topics include an overview of labor & delivery, preterm labor, relaxation and comfort measures, breathing techniques, medical interventions during labor, induction of labor and c/section, and the post partum period. Class meets on 3 consecutive Tuesday evenings for approximately 2 ½ hours each evening. Class size is limited, please register early. Tuition: \$100/couple. They meet in the Chawla auditorium, Saint Francis Hospital and Medical Center.

Dates: 6:30-9pm

2/2
3/2

Weekend Beginnings: This weekend class includes the same topics as the 3 week series but condensed into a one day format. Class meets on one Saturday from 9am until approximately 4 pm. Continental breakfast is provided. Lunch is on your own. Class size is limited, please register early. Tuition: \$100/couple. They meet in the Chawla auditorium, Saint Francis Hospital and Medical Center.

Dates: 9-4pm

1/30

2/27

3/27

SeeWhatYouRead.com

eBeginnings: For the mother who cannot attend our on site classes, we offer Childbirth classes via the web. “If a picture is worth a thousand words, a video must be worth a million” is the philosophy behind this web-enhanced guide. “See What You Read-Childbirth” is a comprehensive book that accompanies the website SeeWhatYouRead.com. You will receive a PIN # to allow access to a website where you will find more than 50 video clips that show real life examples of the subjects you are reading about. You can watch breathing and relaxation techniques, helpful labor positions, animation of the stages of labor, infant care topics and much more. An optional one evening class includes a tour of New Beginnings Family Birth Care and an opportunity for our Prepared Childbirth instructors to answer any questions you may have after completing the course. There is no additional fee for this class but registration is necessary.

NOTE: you must have Flash Player and Adobe Reader installed on your computer.
Tuition fee: \$50.

BREASTFEEDING

Breastfeeding Class: This one evening class covers topics such as the benefits of breastfeeding, the first few hours, positioning and latching, avoiding common problems, and how to know if your baby is ‘getting enough.’ Class duration is approximately 2 ½ hours and partners are strongly encouraged to attend. They meet in the Chawla auditorium, Saint Francis Hospital and Medical Center. Tuition fee = \$20.

Dates: 6:30-9pm

1/11 2/22

1/25 2/8

3/15 3/29

MATERNITY TOURS

Public Maternity Tour: Tour of New Beginnings Family Birth Care is held on selected Sunday afternoons and Monday evenings. Tour begins at the Information Desk on the 2nd floor of the Patient Care Tower and lasts approximately 1 hour. Class size is limited, please register early. Registration for each participant is required. Fee: free

Dates:

1-2pm 5:30-6:30pm

1/3 1/11

1/17 1/25

2/7 2/8

2/21 2/22

3/7 3/15

3/21 3/29