



## MEMORIAL CHILDBIRTH CENTER 2018 OPEN HOUSE

If you are expecting a baby, we invite you to our Childbirth Center Open House. Join us for an inspiring and informative time together with light refreshments and a tour of the Childbirth Center. Please come to one of our monthly open house celebrations early in your pregnancy so you can get to know us before your big day! Come anytime between 10 a.m. and 1 p.m.

### Location

Please park in the Lafayette Street parking garage and enter the hospital from the third floor through the large sliding doors marked Memorial Childbirth Center. (Look for a blue illuminated sign near the ceiling of the garage.)

Saturday, Jan 27

Saturday, April 28

Saturday, July 14

Saturday, Oct 13

Saturday, Feb 24

Saturday, May 12

Saturday, Aug 25

Saturday, Nov 3

Saturday, March 10

Saturday, June 9

Saturday, Sept 22

Saturday, Dec 15

## the NURSING NOOK

Free Breastfeeding Support

**Who:** New mothers and their babies

**What:**

- Breastfeeding advice and encouragement from other mothers
- Have your baby weighed
- Speak with a lactation consultant

**Why:** Because sometimes moms and babies need a little extra support in the beginning

**When:** Mondays and Thursdays  
11 a.m. to 12:30 p.m.

**Where:** Beacon Medical Group Midwifery Centered Care, 621 Memorial Dr., Suite 403. Free parking is available in the Lafayette Parking Garage. Enter building through 4<sup>th</sup> floor Centennial Medical Square entrance.

For more information, call Breastfeeding Support Services at **574.647.3475**.

 **MEMORIAL HOSPITAL**

 **BEACON CHILDREN'S HOSPITAL**



# Childbirth Classes

## Preparing for Childbirth ..... \$75 per couple

Choose from a one-day Saturday class or series of three classes held on weeknight evenings. Our expert team of childbirth educators use 3-D models, PowerPoint presentations, stories, discussions and activities to help guide you in your birth experience. Whether you are hoping for a high-tech birth, a high-touch birth or a little bit of both, come and learn in a supportive, fun, group environment at Memorial.

## Childbirth E-Class ..... \$75 (90-day access)

Our online childbirth class is the perfect alternative for busy parents needing a flexible class schedule or for moms on bedrest. It's also a great refresher course! The eight-chapter program is an interactive, web-based class that uses video, personal birth stories, animations, activities and games to teach all the essential information parents need to know to prepare for their child's birth.

## Preparing for Breastfeeding Success ..... FREE

At Memorial we want to help you achieve your breastfeeding goals. This class covers essential information on the production of breast milk, importance of skin-to-skin contact, effective latch, positioning, supply and demand, support and much more. Learn how to best prepare for breastfeeding, what breastfeeding will be like, proven techniques for latching babies on and avoiding discomfort, plus common obstacles and how to overcome them.

## After Baby Comes..... \$25

For everyone who wishes their baby could come with an instruction manual, this class is for you! Spend one evening with a baby expert to learn what to expect life will be like with a new baby, how to care for and soothe your newborn and infant safety. This class will give you a more confident start in parenting or grandparenting!

## Super Siblings .....\$15 per child

Kids ages 3 to 7 can come to Memorial and explore what it will be like to be a big brother or sister! Each child will receive a Super Siblings! Graduate T-shirt and decorate a special gift for baby. Classroom time will be spent talking about how to safely hold and touch a baby, how home life will change with a new baby and practicing toy safety for your baby. One or both parents remain with the child for the duration of the class.

## American Heart Association Infant & Child CPR, AED, and Choking..... \$25

Would you know what to do in a cardiac, breathing or choking emergency for an infant or child in your care? This two-hour class instructs parents, family members and friends to respond to these emergencies in the first few minutes until professional help arrives. The class is led by a certified American Heart Association BLS and ACLS instructor and registered nurse on our Childbirth Unit. Participants practice on mannequins and receive a course participation card. There will not be a test.

A discount is available for Beacon associates.  
Employee I.D. number is required for registration.

For the most up to date class dates and times, and to register for any of these classes, go to [BeaconHealthSystem.org/Classes-and-Events](http://BeaconHealthSystem.org/Classes-and-Events).

Questions? Call 574.647.3540.