

## Classes for Expecting Families

### **Beyond Delivery Orientation**

One session – 2 hours. Suggested donation: \$10 per couple. Prepares parents for their hospital stay and for adapting to their new parental roles. Topics covered include: self-care for mom, physical and emotional changes, a tour of obstetrical unit, and review of vital information to assist with the transition from hospital to home. Recommended during the eighth month of pregnancy for those who are new to Southampton Hospital. To register or obtain more information, call 726-8531 or 726-8633.

### **Preadmission Tours**

If you are not enrolling in our Beyond Delivery Class, a tour of the facilities can be arranged by calling the Nurse Manager of the Maternity Department at 726-8633.

### **Childbirth Class (Lamaze)**

Four sessions – 4 hours each. Fee: \$150 per couple. Prepares couples emotionally and psychologically for childbirth. Helps to eliminate fears and dispel popular misconceptions. Topics covered include: three stages of labor, variations in labor, relaxation and breathing techniques, and pushing techniques. Recommended during the seventh or eighth month of pregnancy. To register or obtain more information, call Florence Gebbia at 298-9766.

### **Childbirth Class (Lamaze)**

One session – 8 hours. Fee: \$150 per couple. For couples with limited time. Complete four childbirth preparation classes in 1 day. Recommended during the eighth or ninth month of pregnancy. To register or obtain more information, call Florence Gebbia at 298-9766.

### **Vaginal Birth After Cesarean**

One session – 90 minutes. Donations accepted. Educates, prepares and emotionally supports couples preparing for labor after a previous cesarean birth. Relaxation, breathing and pushing techniques to use during labor are covered. Recommended during seventh or eighth month. To register or obtain more information, call 726-8531 or 726-8633.

### **Baby Care Basics**

One session – 90 minutes. Suggested contribution: \$10 per couple. Prepares new parents to feel comfortable and confident in caring for a new baby. Topics covered include: bathing, diapering, temperature taking, feeding and sleep habits. Recommended during the sixth or seventh month of pregnancy. To register or obtain more information, call 726-8531 or 726-8633.

### **Baby Safe – Infant CPR**

Two sessions – 3 hours each. Fee: \$35.00 per person; \$60 per family. Designed for parents, expectant parents, grandparents, family members, baby sitters, teachers, nannies, or anyone who cares for infants and children. Topics covered include: infant and child safety, accident prevention, CPR and rescue breathing, maneuvers for clearing airway obstructions and emergency first aid. Recommended at any time during pregnancy or after birth. Prepayment required to secure registration. To register or obtain more information, call 726-8531 or 726-8633.

### **Breast Feeding**

One session – 60 minutes. Suggested contribution: \$10. Consistent and reliable information provided to assist the mother who is deciding whether to breast feed or bottle feed. Topics covered include: advantages of breast feeding, dispelling myths, preparing for breast feeding and techniques to ensure success. Recommended during the seventh or eighth month of pregnancy. To register or obtain more information, call 726-8531 or 726-8633.

### **Siblings Class**

One session – 45 minutes to 1 hour. Suggested contribution: \$10 per family. Assists big brothers and sisters in welcoming the new baby home. Topics covered include: what new babies are like, how things will be different and what big brothers and sisters can do to help with the new baby. To register or obtain more information, call 726-8531 or 726-8633.