

2010 Prenatal Education Classes

Breastfeeding Class

Breastfeeding class is offered on a monthly basis on a Monday night. The class is taught by a lactation consultant and includes basic information on how to get started and how to manage nursing during the first few weeks of life. Cost: \$30.00.

Childbirth Education, Weekday or Weekend Classes

Childbirth education classes are taught on a monthly basis on Tuesday or Thursday nights as a 4-week series. The weekday series includes infant care as the last class. Weekend classes (Friday and Saturday) are also offered once a month. Class includes information about the labor process, medical interventions, hospital tour, as well as relaxation techniques, positioning for labor and breathing techniques. We recommend having completed the class by 36 weeks gestation. Cost: \$75.00 (\$60.00 weekend).

Infant Care Class

Infant Care is offered as the last class of the weekday childbirth class. It is also available as a single class if needed. The class includes basic infant care skills.

Cost: \$20.00 or \$15.00 with the weekend childbirth class.

Infant/Child CPR

Infant/Child CPR is offered each month on a Monday evening and Saturday morning. Course material includes CPR for children ages birth to 8, management of a choking victim and home and car seat safety.

Cost: \$15.00 per person or \$20.00 per couple.

Sibling Class

Sibling classes are offered monthly on a Saturday morning (2-5 year olds) and quarterly on Thursday evening (6-10 year olds). This class helps your child better adjust to their upcoming role. Each child will receive a Big Brother/Big Sister T-shirt and a sibling tour. We recommend attending this class close to the time of delivery. Cost: \$15.00.

Safe Sitter

Safe sitter is offered every other month on a Saturday to 11-14 year olds. This one-day class covers basic childcare skills, child choking/injury management, behavior management, how to call for help, safety for the sitter & business skills. Cost: \$40.00. Pre-registration is required.

Tours

Free tours of the maternity center are offered on a Saturday morning or a Monday evening.

* It is recommended that all classes be completed by the 36th week of pregnancy

*10% multi-class discount available for 3 or more classes

*Scholarship program available through MD

For more information or to register,
Call Prenatal Education
704-660-4374

Email:
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Prices and classes subject to change.
Effective 1/10