

2012



PREPARING FOR
Childbirth

 **Altru**[®]
HEALTH SYSTEM

Introduction

Congratulations, you're going to have a baby!

Altru Health System's Family Birthing Center and Learning & Organizational Development offer a variety of classes. The enrollment fee of \$15 allows you to attend all of the childbirth preparation classes.

We offer:

- » Baby Care Basics
- » Boot Camp for New Dads
- » Breastfeeding Information
- » Breastfeeding Tips for the Nursing Mom
- » Cesarean Birth Packets
- » Child Passenger Safety Made Simple
- » Childbirth Preparation
- » Childbirth Preparation Refresher
- » Family's Friends Infant CPR
- » Infant Massage
- » Introduction to Prenatal Yoga
- » Mommy Care Basics

Pre-registration is required for all classes. Class size is limited. It is suggested that you register a minimum of 2 - 3 months in advance as classes do fill up quickly. Information is also available on the event calendar at altru.org/calendar.

Altru Health System reserves the right to cancel courses due to lack of enrollment, inclement weather and other circumstances as needed. Whenever possible, participants will be contacted by 3 p.m. at the phone number listed on the registration form.

ATTENTION PARTICIPANTS: If you plan to attend our class and will need special facilities or assistance relating to a disability, please contact Learning & OD, 780.5179 or TDD# 701.780.5977, at least two weeks prior to the class.

For more information, our Learning & Organizational Development staff is happy to assist you:

Attn: Learning & Organizational Development
Altru Health System
P.O. Box 6002
Grand Forks, ND 58206-6002
701.780.5179

Time Line for Attending

Suggested time line for attending classes:

During Pregnancy

- 1-9 mos. Introduction to Prenatal Yoga
- 1-9 mos. Mommy Care Basics
- 6-9 mos. Breastfeeding Information
- 6-9 mos. Childbirth Preparation
- 6-9 mos. Baby Care Basics
- 6-9 mos. Boot Camp for New Dads
- 6-9 mos. Childbirth Preparation Refresher
- 6-8 mos. Pre-registrations & tour of FBC (780.5474)
- 6-9 mos. Child Passenger Safety Made Simple

After Birth

- 0-12 mos. Breastfeeding Tips: for the Nursing Mom
- 1-5 mos. Dads return to Boot Camp as Vets
- 1-7 mos. Infant Massage

Screening Appointment

No Charge for this appointment.

This appointment is an important step in your birth experience at Altru's Family Birthing Center. You will meet with one of our experienced Labor Nurses who will discuss the common labor and delivery procedures with you and your partner. They will also help you complete all of the forms needed for your hospital stay and address any special needs you may have. Your care provider's nurse will assist you in scheduling this appointment which is encouraged around the seventh month of pregnancy or you may call 701.780.5474 to schedule your appointment.

Cesarean Birth Packet

Altru Health System offers an informational packet on cesarean births to anyone who is interested. If you are interested in our Cesarean Birth Packet, please check the appropriate area on the registration form. A packet of information along with how you can check out a c-section video will be sent to you.

Baby Care Basics

The class will cover caring for your newborn from birth to six months. It is intended for the first time parent as well as for those who already have children. The following topics will be covered:

- » Sleep habits
- » Demonstration of bath
- » Fever
- » Guidance on when to seek medical advice for your child
- » Comfort measures
- » Seasonal information
- » Sleep deprivation

Baby Care Basics is held on Tuesdays from 7 - 9:30 p.m. at Altru Hospital Room F on the following dates:

January 10	May 8	September 11
January 24	May 22	September 25
February 14	June 12	October 9
February 28	June 26	October 23
March 13	July 10	November 13
March 27	July 24	November 27
April 10	August 14	December 11
April 24	August 28	

Boot Camp For New Dads

Becoming new parents requires a commitment from both mom and dad. Boot Camp for New Dads enables fathers to “hit the ground crawling” when their first baby arrives and head in the right direction in forming a new family with mom. The class has veteran first-time fathers, with their babies, show the future dads the ropes. Come back as “a vet” with your baby for the second class. Boot Camp addresses a broad range of issues:

- » Long work hours
- » Forming a parenting team
- » Safety
- » Preventing child abuse
- » Sexuality

Boot Camp for New Dads is held from 9:30 a.m. - noon on Saturdays or 6 - 8:30 p.m. on Thursdays at Altru Hospital Room C on the following dates:

January 7	June 2	October 27
February 18	July 19	December 8
March 31	September 15	

Breastfeeding Information

This class is offered to answer expectant parents' questions on breastfeeding. Topics covered:

- » The medical advantages of breastfeeding
- » Proper positioning and latching-on techniques
- » Breastfeeding tips for the first week of baby's life
- » How fathers and grandparents can support mother and baby

Breastfeeding Information will meet on Wednesdays from 7 p.m. - 8:30 p.m. at Altru Hospital Room F on the following dates:

January 18	May 2	September 19
February 1	June 6	October 3
February 15	June 20	October 17
March 7	July 18	November 7
March 21	August 1	December 5
April 4	August 15	December 19
April 18	September 5	

Breastfeeding: Tips for the Nursing Mom

Breastfeeding is a natural, wonderful and sometimes challenging part of being a new mom. After the birth of your baby, you may have several questions about breastfeeding. This class will provide a venue for you to ask these questions to a certified lactation consultant. Sample discussion topics include:

- » Proper latching and positioning
- » Overcoming obstacles such as engorgement
- » Care and diet of mom
- » How to know if baby is eating enough
- » Breastpumping
- » Other topics as requested

Baby is welcome to accompany mom. **Advance registration for this course is not required.** Breastfeeding: Tips for the Mom is held on Mondays from 1:30 - 2:30 p.m. at Altru Hospital Room F on the following dates:

January 9	May 14	September 24
January 23	June 11	October 8
February 13	June 25	October 22
February 27	July 9	November 12
March 12	July 23	November 26
March 26	August 13	December 10
April 9	August 27	
April 23	September 10	

Childbirth Preparation

This class is designed to prepare couples for the childbirth experience. With education, couples can feel more secure and prepared for one of the most memorable events of their lives. The following topics will be covered:

- » Labor process
- » How your partner can help during labor
- » Film on childbirth
- » Medication & anesthesia
- » Discussion on variations of labor
- » How to prepare for the birth experience
- » How your newborn will look and act
- » You and your baby in the hospital
- » Practice time for breathing and relaxation
- » Question and answer time

Childbirth Preparation is held on Monday and Tuesday from 6:30 - 9 p.m. or Saturday from 10 a.m. - 4 p.m. at Altru Hospital Room A on the following dates:

January 14	April 21	September 15
January 16 & 17	May 7 & 8	September 17 & 18
January 21	May 12	October 1 & 2
February 6 & 7	May 19	October 13
February 11	May 21 & 22	October 15 & 16
February 18	June 4 & 5	October 20
Feb. 20 & 21	June 16	November 5 & 6
March 5 & 6	June 18 & 19	November 10
March 10	July 14	November 17
March 17	July 16 & 17	December 3 & 4
March 19 & 20	August 6 & 7	December 8
April 2 & 3	August 18	December 15
April 14	August 20 & 21	December 17 & 18
April 16 & 17	September 8	

Childbirth Preparation Refresher

This class is for parents who already have children. This one night class is designed to refresh couples on the childbirth experience.

Refresher Childbirth Preparation is held on Thursdays from 6:30 - 9 p.m. at Altru Hospital Room A on the following dates:

February 2	August 2
May 3	November 1

Child Passenger Safety Made Simple

Have you ever tried to install a car seat into a vehicle? Do you know how a newborn baby should be placed in their car seat? If you answered no to either of these questions, you don't want to miss this class! It seems like such a life saving action should be simple, yet it is not. Four out of five car seats are used incorrectly. Don't let yours be one of them! Using a car seat can be confusing and yet correct use is important to saving the life of a child in a crash situation. This class, taught by child passenger safety technicians, will provide:

- » Basic car seat education for parents
- » Hands on education for the proper use of car seats and infant placement
- » Question and answer time

Following the class presentation, participants will have the opportunity to install their seat/base and have it checked by a technician. This will take the place of attending the car seat check-up events for assistance.

Child Passenger Made Simple is held from 6 - 7:30 p.m. at Rydell GM Auto Center, 2700 S Washington St., Grand Forks (use front door entrance on Washington St.) on the following dates:

January 12	May 10	September 13
February 9	June 14	October 11
March 8	July 12	November 8
April 12	August 9	December 13

Family & Friends Infant CPR

The Family & Friends course teaches participants how to perform CPR in infants and how to help a choking infant. It is intended for family members, friends, and general community members who want to learn CPR but do not need a certification card.

This class is from 6 - 7:30 p.m. on the following dates:

January 26	June 21	October 18
February 16	July 19	November 8
March 22	August 16	November 20
April 19	August 28	December 6
May 17	September 20	
June 11	October 9	

Additional participants (besides mom and coach) can request a registration form by calling 701.780.5179. Cost to attend is \$5.

Infant Massage

Babies are aware human beings who deserve respect, tenderness, warmth and above all, a listening heart. Increase your ability to communicate with your baby, strengthening the bond between the two of you through the use of infant massage techniques. Benefits include:

- » Enhances loving communication between caregiver and baby and nurtures parenting skills
- » Helps to strengthen and regulate baby's digestive, respiratory and circulatory systems
- » Helps parents understand and respond appropriately to baby's non-verbal clues
- » May help relieve baby's gas and colic
- » Helps parents and baby relax and relieve stress
- » Teaches baby to be aware of body tensions and how to release them
- » Enhances parents' sense of competence in dealing with fussy, sick and special need babies

Class is taught by Certified Infant Massage Instructors. Please bring an extra blanket for your baby and one pillow.

Classes are two consecutive Tuesdays from 4:30 - 6 p.m., at Altru Hospital Room F on the following dates:

February 7 & 14	September 4 & 11
April 10 & 17	November 6 & 13
June 12 & 19	

Introduction to Prenatal Yoga

Pregnancy is a special bonding time as mother and baby grow and change together. With these immense and exciting changes can come common discomforts such as back pain, sciatica, swelling and nausea, as well as feelings of anxiousness or stress. Prenatal yoga teaches participants ways to alleviate discomforts and increase balance and harmony. Benefits include:

- » Decrease the common discomforts of pregnancy
- » Learn relaxation techniques
- » Increased clarity
- » Confidence
- » Fellowship

Dress comfortably as class includes an exercise lab.

Introduction to Prenatal Yoga is held on Mondays from 6:30 - 8 p.m. at Altru Rehabilitation Center activity room on the following dates:

January 10	May 8	September 11
February 14	June 12	October 9
March 13	July 10	November 13
April 10	August 14	December 11

Mommy Care Basics

Pregnancy and post-partum are times of rapid and exciting changes in your body. Along with these changes, you may experience various aches, pains and muscle dysfunctions. Physical therapists provide information on how to deal with changes your body may experience in pregnancy. Topics covered:

- » Effects of pregnancy on your body
- » Exercise ideas and guidelines
- » Pain relief for body aches
- » Post-partum care for mom

Dress comfortably as class includes an exercise lab.

Mommy Care Basics is held on Thursdays from 5:30 - 7 p.m. at Altru Rehab Center East Banquet Room (2nd Floor) on the following dates:

January 26	May 31	October 4
March 8	July 12	November 15
April 19	August 23	

Registration Form

Registration and fee must be paid prior to class to assure your placement.

Name: _____

E-mail Address: _____

Coach's Name: _____

Coach's E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____

May we leave a voice message? Yes No

Due Date: _____

Please select desired classes and indicate preferred date:

Baby Care Basics _____

Boot Camp For Dad _____

Breastfeeding Information _____

Breastfeeding: Tips for the Nursing Mom _____

Childbirth Preparation _____

Childbirth Preparation Refresher _____

Child Passenger Safety Made Simple _____

Family & Friends Infant CPR _____

Infant Massage _____

Introduction to Prenatal Yoga _____

Mommy Care Basics _____

\$15 registration fee is enclosed.

Check if you desire a Cesarean Birth packet

Please return this form **with payment** to:

Altru Health System, Learning & OD

Attn: Preparing For Childbirth

P.O. Box 6002, Grand Forks, ND 58206-6002

Notification of class dates will be mailed upon receipt of your registration and payment.



P.O. Box 6002
Grand Forks ND
58206-6002