

## Registration

Please sign me up for the following classes:

---

---

---

---

---

---

Mother's Name \_\_\_\_\_

Coach's Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Work or Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Expected Delivery Date \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

If you are registering for the Sibling Class, please tell us your child's name, gender and age.

\$\_\_\_\_\_ Total Payment (if applicable)

Payment Options:

Check enclosed  Visa/Mastercard

Credit Card No. \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Checks should be written to "Backus Hospital"  
Please mail this form with your payment to:  
The William W. Backus Hospital  
Laura Baller, Birthing Center Class Coordinator  
Frederick S. Eadie Birthing Center  
326 Washington Street, Norwich, CT 06360

## Dr. Frederick S. Eadie Birthing Center

The Dr. Frederick S. Eadie Birthing Center has a proud tradition of providing personalized, safe and compassionate maternity care. Our physicians, nurse-midwives and nursing staff work together to provide a caring environment for mothers, babies and their loved ones.

The Backus Birthing Center features comfortable, home-like suites with private baths. Rooms are furnished to encourage family involvement. They include a television, shower, and a bed for the father. All of these amenities are supported by the latest technology and a staff of highly trained medical professionals. And just in case more specialized care is needed, we are proud to partner with Women and Infants of Rhode Island for neonatology care.

You have chosen a new beginning for you and your family – and thank you for choosing Backus. We hope to exceed all of your expectations, and we will do our best to make this a joyful experience for the whole family.



A Hartford HealthCare Partner

The William W. Backus Hospital  
326 Washington Street, Norwich, CT 06360  
(860) 889-8331

## Dr. Frederick S. Eadie Birthing Center

### 2014 Class Schedule



Where families are  
*born*



A Hartford HealthCare Partner

# 2014 Class Schedule

## Weekend Childbirth Preparation Class

A one-day weekend class covering the third trimester of pregnancy, labor, comfort techniques, medical procedures, newborns, and postpartum expectations. Includes a tour of the Birthing Center. **Saturday from 9:30 a.m. - 4:30 p.m. in the Main Lobby Conference Room. \$55 per couple.**  
**Jan. 18 / March 15 / May 10 / July 19 / Sept. 13 / Nov. 8**

## Weeknight Childbirth Preparation Class

A four-week series featuring the same information as the weekend class.  
**Wednesday evening from 7 - 9 p.m. in the Main Lobby Conference Room. \$55 per couple.**  
**March 5,12,19,26 / May 7,14,21,28 / July 9,16,23,30 / Oct. 22,29, Nov. 5,12**

## Teen Childbirth Preparation and Infant Care

A two-session class to prepare adolescents for childbirth and infant care. *Session one* focuses on preparation for labor and delivery.  
**Wednesday, from 6 - 8:30 p.m. in the Birthing Center Conference Room.**  
**Jan. 15 / April 23 / Sept. 17**  
*Session two* is Nurturing your Newborn - instruction about newborn behavior and care.  
**Thursday, from 6 - 8:30 p.m. in main lobby conference room. Free to teens – registration required.**  
**Jan. 16 / April 24 / Sept. 18**

## Nurturing your Newborn – An Infant Care Class

This class features instruction about newborn behavior, tests and procedures done in the hospital, and how to care for your baby at home. Topics include: safe sleep, swaddling, bathing, feeding, newborn appearance and expected behaviors, and guidelines for when it's time to call the doctor.  
**Thursday, from 6 - 8:30 p.m. in main lobby conference room. Free - registration required.**  
**Jan. 16 / Feb. 13 / March 20 / April 24 / May 22 / June 12 / July 24 / Aug. 14 / Sept. 18 / Oct. 23 / Dec. 11**

## Breastfeeding Preparation

For the expectant woman and her support person – Learn breastfeeding tips for success!  
**Free - registration required. Thursday, from 6 - 8:30 p.m. in main lobby conference room.**  
**Jan. 9 / Feb. 6 / March 6 / April 3 / May 1 / June 5 / July 10 / Aug. 7 / Sept. 11 / Oct. 2 / Dec. 4**

## Prepare for your Scheduled Cesarean Section

Learn what to expect before, during, and after your c-section. Decrease discomfort and take care of your newborn while recovering from surgery.  
**Wednesday, from 6 – 8 p.m. in Birthing Center conference room. Free – registration required.**  
**April 16 / Nov. 19**

## Doctor Dad Series

A four-week series designed for the expectant or new father. Learn steps to prepare yourself and your home for the new baby. Includes information on the well child, sick child, injured child, and safe child.  
**Free – registration Required. Tuesdays, from 5:30 - 7:30 p.m. in conference room E260.**  
**March 4,11,18,25 / May 6,13,20,27**

## Sibling Class

This one-hour class helps big brothers and sisters, age 3-6, prepare for the new addition. Session includes a tour of the Birthing Center and practice caring for a new baby, so bring a favorite doll or stuffed animal.  
**Free – registration required. Tuesday at 10 a.m. in Birthing Center conference room.**  
**Feb. 18 / April 8 / June 17 / Aug. 12 / Oct. 21 / Dec. 2**

## Expectant Grandparent Seminar

Designed to bring expectant grandparents up-to-date with current information about pregnancy and childbirth, breast and bottle feeding, home safety for babies and toddlers, variations in the newborn and baby care. Includes discussion of grandparents' role today.  
**Free – registration required. Wednesday from 7 - 9 p.m. in the Birthing Center Conference Room.**  
**Feb. 26 / June 4 / Oct. 15**

## Prenatal Yoga

Feel better during pregnancy. All the aches and pains that are normal for many pregnant women can be improved with gentle stretching, movement and strengthening. Find out how you can relieve or reduce low back pain, tight muscles, aching neck and shoulders, swelling and cramping in your legs or ankles, sciatic pain. Learn ways to relax quickly and easily: Better labor for you, better for your baby. Take a break with other moms, focus on yourself and enjoy a feeling of peace and calm.  
**Saturdays from 11 a.m. - 12:30 p.m. at All Hearts Center, 12 Case Street, Suite 208, Norwich. \$15 for a single class or \$78 for six classes.**

**Please call ahead or email to reserve your space:**  
**(860) 887-3388 | [hathayoga@snet.net](mailto:hathayoga@snet.net)**  
**[www.AHHyoga.com](http://www.AHHyoga.com)**

## Birthing Center Tours

We will give you a short tour of the Birthing Center so that you can familiarize yourself with our Unit. This is the same tour given during Childbirth Preparation Class and Open House.  
**Thursday at 3 p.m.**  
**Jan. 23 / May 15 / Sept. 25**

## PARENTS-TO-BE OPEN HOUSE

An informational evening designed to give an overview of the Backus Birthing experience and our staff. Tour of Birthing Center included.  
**Monday from 6 - 8 p.m. in the main lobby conference room. Free - registration required.**  
**March 10 / July 14 / Nov. 10**

