Childbirth Education Programs

Through December 2013

Manchester Memorial Hospital

ECHN℠

Eastern Connecticut Health Network

Healthier together.

Welcome!

To help you prepare for the exciting adventures of pregnancy, childbirth, and parenting, ECHN invites you to take part in our wide variety of classes. Classes are open to all prospective parents, whether or not you plan to deliver at Manchester Memorial Hospital.

All instructors are certified in their specialty.

PRENATAL PROGRAMS For Parents

Fit for Delivery

Regular exercise improves posture, muscle tone, and energy level, alleviates many common pregnancy discomforts, and enhances your sense of well-being.

Our prenatal exercise program allows you to modify your workout according to your fitness level and trimester of pregnancy. Each class includes low-impact cardio, strength exercises, stretching, and relaxation techniques designed to help women cope more effectively with labor, birth, and postpartum.

Join between weeks 12 and 28 of your pregnancy for maximum program benefit. Classes are taught by Certified Perinatal Fitness Specialists. You may participate until delivery in the absence of medical or obstetrical concerns.
A note providing medical clearance is required. Call 860.647.4790 for pre-registration information.

Location:	**Court House Fitness & Wellness, Vernon**
Date:	**Tuesday and Thursday (ongoing)**
Time:	**6:45 - 7:45 p.m.**
Fee:	**$40/month**
	($10/month for full Court House Fitness & Wellness members)

Maternity Tours

The Family Birthing Center offers free tours for expectant parents or anyone wanting more information about our maternity services. For dates and times, please call The SBM Charitable Foundation Family Birthing Center at Manchester Memorial Hospital at 860.647.4735 or check online at echn.org/calendar. Registration is not required.

Adults only, please. *See page 7 for Sibling Class & Tour*

Directions to Family Birthing Center (FBC) Education Room: From Main Street in Manchester take Haynes Street toward the hospital. Before you reach the main entrance of the hospital, take the first right onto Guard Street toward the Ambulatory Service Center (ASC). The ASC is the 2nd building on the left. Parking is available in the parking lot at the very end of Guard Street. Enter the hospital through the ASC entrance. Take the stairs or elevator on your left to the first floor (press #1 in the elevator–it is the 3rd level of the ASC).

Prepared Childbirth – The Complete Six Week Series

Learn the essentials for the labor and birth of your baby in six weeks. Topics include: stages of labor, relaxation and breathing techniques, comfort measures, positioning for labor, partner's role, analgesia, anesthesia, Cesarean birth, postpartum adjustment, breastfeeding, newborn care, and much more.* We recommend you complete these classes approximately 2-6 weeks before your due date. Classes limited to 8 couples.

** Class includes Preparation for Labor & Delivery, Breastfeeding, Baby Care and Maternity Tour*

Location: **Manchester Memorial Hospital (FBC)**

Dates: **Mondays:** February 4 – March 11; March 25 - April 29; May 6 – June 17 (no session on 5/27); July 8 – August 12; September 9 – October 21 (no session on 10/14); November 4 – December 9

Tuesdays: January 29 – March 12 (no session on 2/12); April 2 – May 7; May 28 - July 2; July 23 – August 27; September 17 – October 22; December 3 – January 21, 2014 (no sessions on 12/25 & 1/1)

Wednesdays: January 16 – February 20; March 6 - April 10; April 24 – May 29; June 12 – July 24 (no session on 7/3); August 7 – September 11; September 18 – October 30 (no session on 10/23); November 6 - December 18 (no session on 11/27)

Time: **6:30 – 9:00 pm**

Fee: **$125 per couple**

Prepared Childbirth Weekend No-Frills Option

Designed for expectant parents with tight schedules. This two-session series of classes includes the vital components to prepare you for labor and birth.
**Includes only Labor & Delivery Information*

Location: **Manchester Memorial Hospital (FBC)**

Dates: January 11 & 12; February 22 & 23; March 22 & 23; May 3 & 4; June 14 & 15; July 26 & 27; September 6 & 7; October 18 & 19; December 6 & 7

Times: **Friday 6:00 - 9:00 p.m. & Saturday 10:30 a.m. - 3:30 p.m.**

Fee: **$85* per couple**

** Package Deal: Take Weekend Childbirth Education, Baby Care (page 4) and Breastfeeding (page 5) for $125.*

Understanding Birth: eClass

Finally! Here's the solution for parents who want the information, but can't fit the classes into their schedules or for moms on bed rest. These self-paced online classes will cover all the vital components of labor and birth right from your home computer.

Fee: $100.00 per couple for 30 day access

Refresher Prepared Childbirth Class

Designed for experienced parents about to share another birth, this class reviews the stages of labor, relaxation and breathing techniques, and comfort measures. The latest in maternity care, pain relief, and sibling concerns are also covered. (If this is a first birth for you or your partner, or if your last child was born over five years ago, you should register for one of the childbirth programs described on page 3.)

Location: **Manchester Memorial Hospital (FBC)**
Dates: **Thursday:** March 21; June 20; September 19; December 5
Time: **6:30 - 9:30 p.m.**
Fee: **$35 per couple**

Baby Care Class

For expectant parents who wish that babies came with an owner's manual, this class covers diapering, bathing, crying, safety, and many other details of newborn care. Hands-on instruction will ease you through the first days and nights at home with baby.

Location: **Manchester Memorial Hospital (FBC)**
Dates: **Thursday:** February 7; April 4; June 6; August 1; October 3; December 12
Time: **6:30 - 9:00 p.m.**
Fee: **$25 per couple***

** Package Deal: Take Weekend Childbirth Education, Baby Care (page 4) and Breastfeeding (page 5) for $125.*

Breastfeeding Class

This class explains the advantages of nursing, breastfeeding techniques and positions, breast milk expression and storage, ways to prevent common problems, handling the first few weeks at home, and more. Fathers and support persons are encouraged to attend. Taught by our Certified Lactation Consultants. Breastfeeding book provided with classes.

Location: **Manchester Memorial Hospital (FBC)**
Dates: **Thursday:** January 3; March 7; May 9; July 11; September 12; November 7
Time: **6:30 - 9:00 p.m.**
Fee: **$32 per couple***

** Package Deal: Take Weekend Childbirth Education, Baby Care (page 4) and Breastfeeding (page 5) for $125.*

Coordinating Breastfeeding with Returning to Work or School

Separating from your baby is never easy. This class will help you return to work or school and successfully collect and maintain a healthy milk supply. Topics include choosing the right breast pump, collecting and storing breast milk, getting your employer/school on board and maintaining an adequate milk supply. This class can be taken either pre-natally or post-natally. Babies in arms are welcome.

Location: **Manchester Memorial Hospital (FBC)**
Dates: **Thursday:** January 31; April 25; July 25; October 24
Time: **6:30 – 8:00 pm**
Fee: **$25.00**

Breastfeeding Support

Quality nursing staff is available 24 hours a day via the New Parent Warmline 860.647.4735 or 860.647.4748. Lactation Consultants are also available for phone support most days between 9 am & 2 pm. Some women prefer to learn breastfeeding one-on-one with a Certified Lactation Consultant. Private consults are especially helpful if you have twins or are having particular difficulties with breastfeeding. For appointments call 860.647.4790 and press option 2. Fee: $75.00 per consult.

Breastfeeding Retail Center

A full array of Medela breastpumps, nursing bras and other products are available to purchase in our retail center at competitive prices. Hospital grade breastpumps are also available for rent 24/7. Gift Certificates available too! Call Perinatal Education at the Family Birthing Center 860.647.4790 for more information.

The ECHN Birth Doula Programs

A birth doula is "a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during, and just after childbirth" (Klaus et al).

The **ECHN Preferred Doula Program** provides doula services to women who want or need additional support during their pregnancy, birth, and postpartum period. Interested women will be matched with specially trained and certified birth doulas. Call 860.647.4790 for more information. Fee: $750.

The **ECHN Mentor/Doula Program** provides ongoing nurturing services for pregnant women with maternal/fetal conditions that require specialized care. Eligible women must be planning to deliver at Manchester Memorial Hospital. Eligible women will be matched with specially trained mentor/doula volunteers to support them during their pregnancy, birth, and postpartum period. This program is free to those who qualify. Call 860.647.4790 for more information.

Newborn Massage

Newborn massage is a special way to enhance bonding and attachment, and communicate to your baby that they are safe, loved, and understood. Designed with respect for the newborn's unique physiological development, this massage will help ease baby's transition from the womb to the outside environment. You will also learn to monitor baby's time-out signals and offer appropriate comfort. Classes are offered prenatally, with practice time on dolls provided in class. Private postpartum classes with parents and baby are available upon request. Booklets and massage oil are provided to all families. Taught by a Licensed Massage Therapist with specialty certification.

Location:	**Manchester Memorial Hospital (FBC)**
Dates:	**Tuesday:** January 15; March 19; May 21; July 16; September 10; November 12
Time:	**6:30 - 8:00 p.m.**
Fee:	**$30 per couple**

Private Consultations: $50/hr

Just For You! Sibling Class

A one-hour program for children ages 2-10 whose parents are expecting another baby. It helps older children understand their roles as big brothers and big sisters.

Site: **Manchester Memorial Hospital (FBC)**
Dates: **Thursdays:** January 17; March 14; May 2; June 13; August 15; September 26; November 14
Time: **6:00 - 7:00 p.m.**
Fee: **$12 per child/$25 per family**

Infant, Child & Adult CPR Skills for Parents & Childcare Providers

This is the American Heart Association's Friends & Family CPR program. It imparts the life-saving skills of both CPR and relief-choking for infants, children, and adults. A registered nurse, who is also a certified CPR educator, teaches the course.

Location: **Manchester Memorial Hospital (Conference Rooms E & F)**
Dates: **Monday:** January 14; February 4; March 4; April 1; May 6; June 3; July 1; August 5; September 9; October 7; November 4; December 2
Time: **6:00 - 9:30 p.m.**
Fee: **$40 per person**

Four Hour First Aid for Parents & Childcare Providers

This four-hour course, taught by a registered nurse, covers the uses of a first aid kit, handling of emergencies, and management of infectious diseases. When taken with the CPR Skills for Parents and Childcare Providers class, it meets Connecticut requirements for home daycare providers.

Location: **Manchester Memorial Hospital (Conference Rooms E & F)**
Dates: **Monday:** February 11; April 8; June 10; August 12; October 21; December 9
Time: **6:00 - 10:00 p.m.**
Fee: **$35 per person**

POSTPARTUM PROGRAMS For Mom & Baby

Fit After Delivery

A postpartum exercise class designed for moms and babies. Classes include a light cardio warm-up plus strengthening and toning segments. Individual attention is offered to help participants acheive their goals based on their own birth recovery experience. Babies from 4 weeks to 6 months old are welcome and included in class as appropriate. Enjoy the added benefit of meeting other moms and receiving parenting support! Taught by Certified Perinatal Fitness Specialists.

Location:	**Court House Fitness & Wellness, Vernon**
Date:	**4-week Sessions Fridays:** January 4 – January 25; February 8 - March 1; March 15 – April 12 (skip 3/29); April 26 – May 17; May 31 - June 21; July 12 - August 2; August 16 - September 6; September 20 - October 11; October 25 - November 15
Time:	**10:15 – 11:15 am**
Fee:	$28/ 4-week session or $10/"drop-in" class ($12/ 4-week session for full Court House Fitness & Wellness Members)

The ECHN New Mothers' Group

This informal group is designed to help new mothers, with infants up to 6-months old, adjust to parenting. It provides a supportive environment to explore different parenting options, get questions answered regarding infant feeding and behaviors, and meet other new mothers in the area.

Location:	**Manchester Memorial Hospital (FBC)**
Date:	**Meets every Tuesday**
Time:	**10:00 - 11:00 a.m.**
Fee:	**Free-Registration is not required**

New Parent Warmline

Parents of newborns often have questions about breastfeeding, caring for baby and mom, signs of illness, and much more. Experienced nurses are available 24 hours a day to answer your questions and offer support. Call The SBM Charitable Foundation Family Birthing Center at Manchester Memorial Hospital at 860.647.4735 or 860.647.4748.

Infant Massage: Mom & Baby Classes (4 weeks)

Infant massage provides an opportunity for you and your baby to bond and develop relaxation skills that will last a lifetime. A variety of hands-on techniques to help calm and soothe your baby and enhance their growth and development will be taught in this 4-class series. Learn to read your baby's cues and increase your parenting confidence. Includes instruction book and massage oil. Appropriate for babies 6-8 weeks and older. Participation in our Newborn Massage class is beneficial, but not required. Taught by our Licensed Massage Therapist with specialty certification.

Location: **Manchester Memorial Hospital (FBC)**
Dates: **Wednesdays:** January 9 – 30; March 20 – April 10; May 29 – June 19; September 4 - 25; November 13 – December 11 (no session 11/27)
Time: **10:15 – 11:15 am:**
Fee: **$45 (4 classes for mom and baby)**
$35 (4 classes for mom and baby who took Newborn Massage)

Private consultations for couples or couples with twins available upon request. $65/hr

Infant Massage Class for Parents

Location: **Manchester Memorial Hospital (FBC)**
Dates: **Saturday**: March 2; June 1; September 14; December 14
Time: **10:00 – 11:30 am**
Fee: **$45 (for parents and baby)**
$35 (for parents and baby who took Newborn Massage)

Itsy Bitsy Baby Yoga (4 weeks)

Babies enjoy yoga while on their backs, tummies or held in loving arms. The yoga postures are designed to support baby's development in a calm and nurturing way. Mothers will deepen their bond with their new baby, meet other moms, get support, and learn about baby's emerging personality. No yoga experience is required. Appropriate for babies 3 weeks to nearly crawling.

Location: **Manchester Memorial Hospital (FBC)**
Dates: **Wednesdays:** February 13 – March 6; April 24 - May 15; October 9 – November 6 (no session on 10/23)
Time: **10:15 – 11:15 am**
Fee: **$40 per 4 week session (for mom and baby)**

Infant Massage/Itsy Bitsy Baby Yoga Summer Combo (6 weeks)

Location: **Manchester Memorial Hospital (FBC)**
Dates: **Wednesdays:** July 1 – August 21 (no session on ??)
Time: **10:15 – 11:15 am**
Fee: **$65 (for mom and baby)**

OTHER IMPORTANT INFORMATION

The most up-to-date listings of our classes can be found on our website echn.org under the 'Event Calendar." Dates sometimes change and new classes are added throughout the year.

Cancellation Policy

We will provide a full refund to registrants who have a medical reason for canceling the class. A $10 registration fee per class will be retained for all other cancellation refunds. To receive a refund, you must notify the ECHN Perinatal Education office at (860) 647-4790 no later than 48 hours prior to the first class. No refunds will be given once the class begins.

Insurance Reimbursement

For reimbursement, insurance companies require proof of class attendance and payment. Please ask your instructor for a receipt on the last session of class or call ECHN Perinatal Education at (860) 647-4790.

In the Event of Inclement Weather

Expectant parents should not risk injury on slippery sidewalks or roads. In bad weather, every effort will be made to contact you at the phone number and email address listed on your registration form. Also, a message will be left on the ECHN Perinatal Education phone line at (860) 647-4790. Your instructor will give you information, either in your next class or through a phone call, on make-up sessions.

REGISTRATION FORM

Please complete the front and back of this registration form and submit to ECHN using one of the methods indicated below.

- ❑ **ONLINE:** echn.org/calendar
- ❑ **MAIL** with payment to:

  Perinatal Education Department, Eastern Connecticut Health Network

  71 Haynes Street, Manchester, CT 06040.
- ❑ **FAX** to 860.647.6439 with credit card information and signature.
- ❑ **PHONE** us at 860.647.4790. Have your credit card # ready.
- ❑ **EMAIL** registration and credit card information to ecrayton@echn.org.

Payment Method

Personal and financial information will be held in strict confidence.

- ❑ Check (payable to Eastern Connecticut Health Network)
- ❑ Credit Card (VISA, MasterCard, Discover or American Express)

Account No.: _____

Exp. Date: _____ Security Code: _____

Name as Appears on Card: _____

Signature of Card Holder: _____

Personal Information *(Please Print)*

Name of Expectant Mother: _____

Name of Father/Birth Partner: _____

Address: _____

City/State/Zip: _____

Day Phone: _____ Evening Phone: _____

Email Address: _____

Registration is continued on the back.

Obstetrician's Name:_____Due Date: _____

Hospital Where You Plan to Give Birth:_____

Names and Ages of Siblings (when registering for "Just for You! Sibling Classes"):

_____

_____

_____

_____

Program Selection

Note that class sizes are limited. For best choice of dates, please register for ALL of the classes you plan to attend early in your pregnancy. Dates may be subject to change. Fees are guaranteed through December 31, 2013. A confirmation will be emailed (or mailed) to you prior to your first class.

Name of Program(s)	Date/Time	Fee
1._____	1st Choice_____	_____
	2nd Choice_____	
2._____	1st Choice_____	_____
	2nd Choice_____	
3._____	1st Choice_____	_____
	2nd Choice_____	

Total Enclosed: $_____

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71 Haynes Street, Manchester, CT 06040
Perinatal Education Department: 860.647.4790