

**Tuesday, January 7**

- Tour and More - 12:00pm
- Postpartum Breastfeeding Support Group - 2:00pm

**Thursday, January 9**

- One Day Childbirth Class - 6:00pm

**Tuesday, January 14**

- Postpartum Breastfeeding Support Group - 2:00pm

**Wednesday, January 15**

- Rock Your Labor - 90 Minute Relaxation Class - 6:00pm

**Tuesday, January 21**

- Tour and More - 12:00pm
- Postpartum Breastfeeding Support Group - 2:00pm

**Tuesday, January 28**

- Postpartum Breastfeeding Support Group - 2:00pm
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**Tour and More**

**Time:** 12:00pm

Cost: FREE. Registration includes registrant and one guest.

On this tour we will discuss:

- LDR birthing Room
- Operating Room
- Newborn Nursery
- Mother/Baby Rooms
- Skin to Skin
- Non-pharmacologic pain relief methods for labor
- Rooming In 24 hours
- Baby led feedings based on infant feeding cues

**Postpartum Breastfeeding Support Group**

**Time:** 2:00pm

Support for new mothers who make the choice to breastfeed their babies is a point of pride for our team at the St. Francis-Emory Healthcare Women's Hospital. For those new moms just starting out, it can sometimes feel that you have many more questions than good answers. Trust us, you're not alone.

Our Women's Services team offers a free Breastfeeding Support Group from 2-3:30 every Tuesday. This free support group covers topics such as normal weight gain, soothing a fussy baby, night parenting and feeding, when to begin solids, introduction to pumping, and when to consult your pediatrician.

### **One Day Childbirth Class**

**Time:** 6:00pm

This is a 1-day Childbirth Preparation Class offered for patients planning to deliver at St. Francis. If you are delivering at another hospital, please reach out to Trisha Hiller at 706-320-8001 for options or to be placed on a wait list. Our goal is to prepare you to be a knowledgeable and active participant in your childbirth experience. In class we will cover:

- Nutrition
- Stages of Labor
- Warning Signs
- Comfort Measures and Pain Control Options
- Vaginal Delivery/Skin to Skin/Recovery
- Cesarean Delivery
- Breastfeeding/Early initiation/Feeding Cues
- Postpartum Care/Follow-up care for Mom and Baby
- Newborn Care/24 hour rooming-in
- Class includes a Tour of the unit

Classes are taught by experienced professionals certified in prenatal education.

One registration is required per couple (no need to add attendee during registration process). Spouses or support persons are highly encouraged to attend. Classes are held in the Women's Center at St. Francis Hospital located in the Butler Pavilion on level B.

*Contact:*

Patricia Hiller 706-320-8001

[hillerp@sfhga.com](mailto:hillerp@sfhga.com)

### **Rock Your Labor - 90 Minute Relaxation Class**

**Time:** 6:00pm

This is a class offered for patients planning to deliver at St. Francis. If you are delivering at another hospital, please reach out to Trisha Hiller at 706-320-8001 for options or to be placed on a wait list. Join us for a 90-minute adventure into labor relaxation techniques.

Whether you are planning for a completely natural birth, or you would like guidance for relaxation in the early stages of labor, this class is for you.

Topics will include:

- Breathing and Relaxation Techniques

- Positions and Movement to help facilitate labor
- Guided Meditations
- Tour of the Unit

Classes are taught by experienced professionals certified in prenatal education.

One registration is required per couple (no need to add attendee during registration process). Spouses or support persons are highly encouraged to attend. Classes are held in the Women's Center at St. Francis Hospital located in the Butler Pavilion on level B.

*Contact:*

Patricia Hiller 706-320-8001

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