

Tuesday, March 4

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

Thursday, March 6

- 2 Day Childbirth Preparation Series - 6:00pm

Tuesday, March 11

- Postpartum Breastfeeding Support Group - 2:00pm
- Prenatal Breastfeeding Class - 5:30pm

Tuesday, March 18

- Tour and More - 12:00pm
- Postpartum Breastfeeding Support Group - 2:00pm
- Rock Your Labor - 90 Minute Relaxation Class - 6:00pm

Tuesday, March 25

- 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.

2 Day Childbirth Preparation Series

Time: 6:00pm

This is a 2 week Childbirth Preparation Series that will meet for two consecutive weeks (1st date listed on Calendar, 2nd class to follow on the same day of the following week). This class is offered to 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

We will also practice breathing, relaxation and massage techniques. 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@sfnhga.com

Prenatal Breastfeeding Class

Time: 5:30pm

This **IN-PERSON breastfeeding class** is designed to support and education parents with the natural art of breast feeding.

Topics included in the course are

- Benefits of breast feeding to mother and baby
- Importance of early skin to skin contact
- Importance of early initiation of breastfeeding

- Benefit of rooming in 24 hours
- Feeding cues/feeding on demand
- Effective positioning and latch
- Frequency feeding to assure optimal milk production
- Exclusive breastfeeding for 6 months
- Delay pacifier use till breastfeeding established
- Support groups/resources upon discharge from the hospital

One registration per couple is required, no need to "add attendee" during registration. Spouses or support persons are highly encouraged to attend. If class participation is high we may run a little over. We look forward to seeing you in class.

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

hillerp@sfhga.com