

getting  
ready  
for

# Baby



St. Mary's wants to help make the birth of your baby an experience you will not only remember, but treasure.

**Birth Boot Camp** This is the class for you if you are first-time parents crunched for time or just desire a refresher. This unique class will cover what to expect before and during labor at St. Mary's. It will also address positions for comfort during pregnancy and labor, relaxation techniques, and purposeful pain management. Ease your concerns about giving birth and build confidence in your body's ability to do so! *\$30 per couple, includes parking fee.*

**Breastfeeding – Baby Nutrition** An introduction to breastfeeding basics, including how to get started and how to prevent problems. Followed by information to help parents maintain breastfeeding relationship when mom returns to work or school. *\$30 per couple, includes parking fee.*

### Bundles of Joy Breastfeeding Support

A mother-baby support group offers mothers a chance to learn from each other, weigh their babies before and after breastfeeding, and monitor the baby's advancement. Lactation consultants are present during the session. *Mondays, 1–3 p.m. Free.*

**Childbirth Education Class** Designed to equip you and your partner to become active participants in the birth of your baby. You will leave feeling more at ease with the birth process and confident in your body's ability to do so. *8 hour session, \$60 per couple, includes parking fee and tour.*

### Family Birth Center Tour

No reservations required to attend the tours. *First Sunday, 1 p.m. and third Thursday, 6 p.m. each month. Parking is free to attend the tour.*

### The Journey After Delivery

No one ever talks about those first few weeks after the baby is born! This class covers important information about caring for your newborn and yourself after childbirth. It also discusses important warning signs so you are more confident on when to call for help. Infant CPR is also covered as part of this class. *\$30 per couple, includes parking fee.*

**Siblings Class** Helps children ages 3–8 learn what to expect with the new baby. *\$10 per child, includes parking fee.*

**Toddle Time Breastfeeding Support** Breastfeeding a second child can be hard when your toddler is running around. This class is designed to support second time mothers as well as first time mothers. Baby scales and lactation consultants are present. *Thursdays, 10:30 a.m.–noon. Free.*



We offer a variety of perinatal classes for you, your partner, even big brothers and sisters to be.

Advanced registration is required. For more information and class registration, call 706.389.3389 or 800.491.4677.