

# Childbirth and Infant Care 2011 Class Schedule



PRE-NATAL

## Weekend Childbirth Class

***A two-day weekend class including a tour of the Birthing Center***

\$55 | 9:30 am – 1:30 pm | Main entry conference rooms 1 – 2  
Apr. 9 – 10    June 4 – 5    Aug. 13 – 14    Oct. 22 – 23  
May 14 – 15    July 9 – 10    Sept. 17 – 18    Nov. 12 – 13

## Weeknight Evening Childbirth Class

***A multi-week series including a tour of the Birthing Center***

\$55 | 7 – 9 pm | Main entry conference rooms 1 – 2  
May 11, 18, 25, June 1    Aug. 29, Sept. 12, 19  
July 6, 13, 20, 27    Nov. 7, 14, 21 (Nov. 28 if bad weather)

## Childbirth Refresher Class

***One class designed for couples who have had a previous labor and delivery***

\$35 | 7 – 9 pm | Main entry conference rooms 1 – 2  
April 6    Aug. 10    Dec. 7  
June 8    Oct. 5

## Prepare for your Scheduled Cesarean Section

***Learn what to expect before, during and after your C-section***

FREE | 6 – 8 pm | Backus Birthing Center conference room  
Apr. 28    June 23    Aug. 25    Oct. 27

## Breastfeeding Preparation Class

***For the expectant woman and her support person, learn tips for breast-feeding success***

FREE | 6 – 8 pm | Backus E260 conference room  
Apr. 7    June 2    Aug. 4    Oct. 6  
May 5    July 7    Sept. 8    Nov. 3

## Teen Childbirth and Infant Care Class

***Preparing adolescent couples for labor and delivery.***

\$10 | Backus Birthing Center conference room  
Apr. 20, 4:15 – 7:30 pm and May 19, 6 – 8 pm  
June 15, 4:15 – 7:30 pm and June 16, 6 – 8 pm  
Aug. 17, 4:15 – 7:30 pm and Aug. 18, 6 – 8 pm

## Parents-to-be Open House

***Informational session and tour of the Birthing Center***

FREE – registration is required, call 860.425.3863  
6:15 – 9 pm | Main entry conference rooms 1 – 3  
April 12    July 25    Oct. 25

### Sibling Class

**Helps big brother or sister, ages 3-6, prepare for the new addition**

FREE | Backus Birthing Center

Apr. 2, 2 pm      June 14, 10 am      Aug. 9, 10 am  
May 10, 10 am      July 12, 10 am      Sept. 13, 10 am

### Nurturing Newborn-An Infant Care Class

**Learn about newborn behavior, tests and procedures and how to care for your baby's first few days at home**

FREE | 6 – 8 pm | Backus Hospital E-2 conference room

May 19      July 21      Sept. 22      Nov. 17  
June 16      Aug. 18      Oct. 20      Dec. 15

### Expectant Grandparents Seminar

**Designed to bring grandparents up to date with current information about pregnancy, childbirth and baby care**

FREE | 7 – 9 pm | E260 conference room

Apr. 13      July 13      Oct. 12

### Pregnancy Couples Massage Class

**Teaches partners simple massage techniques to relieve pain or discomfort during pregnancy and labor**

\$50/couple and registration is required

860.572.1872 or jstranger1@sbcglobal.net

7 – 9 pm | Backus Birthing Center

Apr. 27      June 29      Aug. 31      Oct. 26      Dec. 28

### Prenatal Yoga Class

**Release your stress and tension, build more energy and strength and minimize your discomfort**

\$72 for 6 weeks (prorated if joining mid-session)

Dates and location TBA | 6:30 – 8 pm

860-887-3388 or hathayoga@snet.net

### Infant Massage

**Five-week session offering techniques for infant massage and relaxation**

\$70 | Dates TBA | Backus Birthing Center conference room

Call 860.564.4753 for more information

### New Moms Support Group

**Open to moms of babies up to six-months to discuss concerns or questions in a supportive environment**

FREE | Backus Patient Care Services conference room

Tuesdays 11 am – 12:30 pm

### Infant-Child CPR

**Instruction for parents and parents-to-be in CPR for infants and children**

\$35 a couple or \$20 a person | 6 – 8 pm | Birthing Center

Apr. 14      June 9      Aug. 11      Oct. 13  
May 12      July 14      Sept. 15      Nov. 10

### Dr Dad

**Series of four evening classes designed for the expectant or new father with information on child wellness and safety**

FREE | 6 – 8 pm | Backus E260 conference room

May 10, 17, 24, 31 (May 10 in Conference Room 3)

Choose wisely. Choose 

**The William W. Backus Hospital**  
326 Washington Street • Norwich, CT 06360  
[www.backushospital.org/birthingcenter](http://www.backushospital.org/birthingcenter)

For more information call **860.425.3863** or email **MOC@wwbh.org**