

# 2012 Class Schedule

## Weekend Childbirth Class

A two-day weekend class covering the third trimester of pregnancy, labor, comfort techniques, medical procedures, newborns, and postpartum expectations. Includes a tour of the Birthing Center. Saturday and Sunday from 9:30 a.m. to 1:30 p.m. in the Main Lobby Conference Room. \$55. Register early. Jan. 14-15 / Feb. 11-12 / March 10-11 / April 21-22 / May 5-6 / June 2-3 / July 14-15 / Aug. 11-12 / Sept. 8-9 / Oct. 6-7 / Nov. 17-18 / Dec. 1-2

## Weeknight Childbirth Class

A four-week series featuring the same information as the weekend class. Wednesday evening from 7 to 9 p.m. in the Main Lobby Conference Room. \$55. Register Early. Jan. 4,11,18,25 / Feb. 29, March 7,14,21 / May 2,9,16,23 / July 11,18,25, Aug. 1 / Sept. 5,12,19,26 / Nov. 7,14,21,28

## Teen Childbirth and Infant Care

A two-session class to prepare adolescents for childbirth and infant care. *Session one* focuses on preparation for labor and delivery. Wednesday from 4 to 7 p.m. in the Birthing Center Conference Room. *Session two* is Nurturing your Newborn - instruction about newborn behavior and care. Thursday from 6-8:30 p.m. in the Main Lobby Conference Room. Free to teens - registration required. Feb. 15-16 / April 18 - 19 / June 20 - 21 / Aug. 15 - 16 / Oct. 17 - 18 / Dec. 19 - 20

## Childbirth Refresher Class

A one-evening class designed for couples who have experienced a previous labor and delivery. Held Thursday from 7 to 9 p.m. in the Birthing Center Conference Room. \$35. Feb. 23 / May 31 / Aug. 23 / Oct. 25

## Prepare for your Scheduled Cesarean Section

Learn what to expect before, during, and after your c-section. Decrease discomfort and take care of your newborn while recovering from surgery. Thursday from 6 to 8 p.m. in the Birthing Center Conference Room. Free - registration required. Jan. 26 / March 22 / May 24 / July 26 / Sept. 27 / Nov. 29

## Nurturing your Newborn - An Infant Care Class

This class features instruction about newborn behavior, tests and procedures done in the hospital, and how to care for your baby at home. Topics include: safe sleep, swaddling, bathing, feeding, newborn appearance and expected behaviors, and guidelines for when it's time to call the doctor. Thursday evening from 6 - 8:30 pm in the Main Lobby Conference Room. Free - registration required. Jan. 19 / Feb. 16 / March 15 / April 19 / May 17 / June 21 / July 19 / Aug. 16 / Sept. 20 / Oct. 18 / Nov. 15 / Dec. 20

## Breastfeeding Preparation

For the expectant woman and her support person - Learn breastfeeding tips for success! Free - registration required. Thursday from 6 to 8:30 p.m. Jan. - June classes meet in Conference Room E260: Jan. 5 / Feb. 2 / March 1 / April 5 / May 3 / June 7 / July - December classes meet in the Main Lobby Conference Room: July 5 / Aug. 2 / Sept. 6 / Oct. 4 / Nov. 1 / Dec. 6

## Infant - Child CPR

Learn how to give CPR to infants and children from a CPR Certified instructor. \$20 per person/\$35 per couple; classes are limited to eight, register early. Thursday from 6 to 8 p.m. in the Main Lobby Conference Room. Jan. 12 / Feb. 9 / March 8 / April 26 / May 10 / June 14 / July 12 / Aug. 9 / Sept. 13 / Oct. 11 / Nov. 8 / Dec. 13

## Doctor Dad Series

A four-week series designed for the expectant or new father. Learn steps to prepare yourself and your home for the new baby. Includes information on the well child, sick child, injured child, and safe child. Free - registration Required. Tuesday from 6 to 8 p.m. in Conference Room E260. Winter series: Jan. 10,17,24,31. Spring dates TBA.

## Sibling Class

This one-hour class helps big brothers and sisters, age 3-6, prepare for the new addition. Session includes a tour of the Birthing Center and practice caring for a new baby, so bring a favorite doll or stuffed animal. Free - registration required. 10 a.m. in the Birthing Center Conference Room. Jan. 10 / Feb. 14 / March 13 / April 3 / May 15 / June 4 / July 9 / Aug. 6 / Sept. 4 / Oct. 9 / Nov. 6 / Dec. 4

## Expectant Grandparent Seminar

Designed to bring expectant grandparents up-to-date with current information about pregnancy and childbirth, breast and bottle feeding, home safety for babies and toddlers, variations in the newborn, baby care. Includes discussion of grandparents' role today. Free - registration required. Wednesday from 7 to 9 p.m. in the Birthing Center Conference Room. Feb. 1 / May 2 / Aug. 1 / Nov. 7

## Couples Pregnancy Massage

This one-evening class teaches partners simple massage techniques to relieve pain or discomfort during pregnancy and labor. \$50. Call Barbara at 860-572-1872 or email [jstranger1@sbcglobal.net](mailto:jstranger1@sbcglobal.net) to register. Wednesday evening in the Birthing Center Conference Room. Feb. 29 / April 25 / June 27 / Aug. 29 / Oct. 10 / Dec. 12

## Prenatal Yoga

Release stress, build strength, minimize discomfort. Learn safe and effective ways to feel good and revitalize to enjoy pregnancy and motherhood. Call 860-887-3388 or email [hatahyoga@snet.net](mailto:hatahyoga@snet.net)

## Infant Massage

Five-week session on techniques for infant massage and relaxation. Call 860-564-4753 for information.

## PARENTS-TO-BE OPEN HOUSE

An informational evening designed to give an overview of the Backus Birthing experience and our staff. Tour of Birthing Center included. Monday from 6 to 8 p.m. in the main lobby conference room. Free - registration required. Jan. 23 / July 23 / Oct. 29

## Annual Community Baby Shower

We celebrate our expectant families! Free - registration required. Tuesday, April 24 from 6-8 p.m.

