

# Childbirth and Infant Care 2010 Class Schedule



## Weekend Childbirth Class

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

\$55

9:30 am – 1:30 pm | Entry level conference rooms 1 – 2

July 17 – 18    Sept. 18 – 19    Nov. 20 – 21

Aug. 21 – 22    Oct. 16 – 17    Dec. 11 – 12

## Monday Evening Childbirth Class

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

\$55

7 pm – 9 pm

Entry level conference rooms 1 and 2 (\*E260 note dates)

Aug. 9, 16, 23, 30

Oct. 18, 25\* Nov. 1, 8 (\*Oct. 25 – E260) Nov. 15 in case of bad weather

## Childbirth Refresher Class

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

\$35

7 pm – 9 pm | Birthing Center conference room

July 14    Sept. 8    Nov. 10

## Prepare for your Scheduled Cesarean Section

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

FREE

6 pm – 8 pm | Backus Birthing Center conference room

Aug. 12    Oct. 14    Dec. 9

## Sibling Class

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

FREE

Backus Birthing Center

July 13, 10 - 11 am    Sept. 19, 2 - 3 pm    Nov. 10, 10-11 am

Aug. 11, 10 - 11 am    Oct. 13, 10-11 am    Dec. 12, 2 - 3 pm

## Parents-to-be Open House

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

FREE – registration is required, call 860.823.6517

July 21, 6 – 9 p.m. | Entry-level conference rooms 2 – 3

**Breastfeeding Preparation Class**

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

FREE | 6 pm – 8 pm | Backus Hospital conference room 3

July 8      Sept. 2      Nov. 4  
Aug. 5      Oct. 7      Dec. 2

**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 pm – 8 pm | Backus Hospital E-2 conference room

July 22      Sept. 16      Nov. 18  
Aug. 19      Oct. 21      Dec. 16

**Expectant Grandparents Seminar**

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

FREE | 7 pm – 9 pm | Backus Birthing Center

July 21      Oct. 13

**Teen Childbirth Class**

*Preparing adolescent couples for labor and delivery.*

Dates TBA | Backus Birthing Center

**Pregnancy Couples Massage Class**

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

\$50/couple and registration is required

7 pm – 9 pm | Backus Birthing Center

Aug. 25      Oct. 27      Dec. 29  
860.572.1872 or jstranger1@sbcglobal.net

**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)

September TBA | 6:30 – 8 pm | Beth Jacob Synagogue

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 | Backus Birthing Center

Dates TBA

**Dr Dad**

*Series of 4 evening classes designed for the expectant or new father with information on child wellness and safety*

FREE | Backus E260 conference room

Dates TBA | 6 – 8 pm

Choose wisely. Choose *Backus*

**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**