

Little Helpers Sibling Class

The arrival of a new baby in the family is a big event. Our sibling classes help reassure and prepare other children in the family for their mother's stay in the hospital and the birth of their new baby. We invite you to bring your camera to class as you enjoy watching your children learn about the arrival of their sibling.

Wednesday, 4:30 – 5:30 pm

January 11, 2012	July 11, 2012
February 8, 2012	August 8, 2012
March 14, 2012	September 12, 2012
April 11, 2012	October 10, 2012
May 9, 2012	November 14, 2012
June 13, 2012	December 12, 2012



Grandparents Tea

Bring Baby's grandparents with you to this special event. Expectant grandparents will learn about new trends in childbirth and infant care. The latest information about newborn feeding, sleep environments and car seat safety will be discussed along with helpful tips about how to assist your own children as they become new parents. A tour of the department and refreshments are included.

Saturday, 1 – 3 pm

June 23, 2012
October 20, 2012

Advanced Relaxation for Birth

This class teaches you and your birthing companion to work with natural relaxation techniques so that your body can work with complete neuromuscular harmony, assisting rather than resisting. The program provides fear-release sessions that help you identify and eliminate issues, fears, or negative feelings you may have surrounding your birth.

Friday, 6 – 8 pm, 5 week series

March 2 – March 30, 2012
September 7 – October 5, 2012

Heartsaver AED & CPR Class

This course teaches lay rescuers to recognize and treat life-threatening emergencies, including cardiac arrest and choking for an adult, child and infant victim. Students learn to recognize the warning signs of heart attack and stroke in adults and breathing difficulties in children. Classes include instruction on use of an AED. Course participants will receive a CPR certification card. The course fee is \$15 per person or \$20 per couple.

Monday, 6:30 – 9 pm

January 2, 2012	July 2, 2012
March 19, 2012	September 17, 2012
May 21, 2012	November 5, 2012

Call to register (573) 248-5161
or online at hrhonline.org.
Please register by your 5th month of pregnancy.
All classes fill quickly!



Childbirth Education Classes 2012



Advanced Medicine. Compassionate Care.



Hannibal Regional
Hospital

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Hannibal, MO 63401
573.248.5161
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CHRIS COONS
WOMEN'S CARE CENTER

Welcome to the Chris Coons Women's Care Center

Congratulations! Your baby's birth is an exciting event in your life. The Chris Coons Women's Care Center at Hannibal Regional Hospital is dedicated to providing you with exceptional care. We are proud to be the first hospital in Missouri designated Baby-Friendly™, a global program sponsored by the World Health Organization and the United Nations Children's Fund. The initiative recognizes hospitals that offer an optimal level of care for breastfeeding mothers and their babies.

The Chris Coons Women's Care Center offers you the finest in family-centered maternity care. Take advantage of our wide selection of childbirth and parenting classes. Choose those that best meet your needs.

Basic Childbirth Education Class

Our childbirth classes give you the confidence and skills you need to relax and enjoy the birth of your baby. This class provides first-time parents with basic information about labor, vaginal birth, cesarean birth, pain management and postpartum recovery. Learn and practice basic labor coping skills such as breathing and positioning. Class includes a tour. Classes are offered on Monday evenings as a 5 week series or Saturdays as one all-day class. Plan to attend in the 6th, 7th, or 8th month of pregnancy.

Monday, 7 – 9 pm

January 9 – February 6, 2012
March 26 – April 23, 2012
July 9 – August 6, 2012
September 24 – October 22, 2012
November 12 – December 10, 2012

Saturday, 9 am – 3:30 pm

Lunch on your own
January 7, 2012 July 14, 2012
February 4, 2012 August 4, 2012
March 3, 2012 September 1, 2012
March 31, 2012 October 6, 2012
May 12, 2012 November 3, 2012
June 2, 2012 December 1, 2012

Advanced Labor Coping Skills

This class offers more in-depth discussion on working with the natural process of labor for couples desiring a low-intervention birth. Practice labor coping skills, positioning, relocation, and breathing patterns. This class assumes a basic knowledge of the birth process. Does not include a tour.

Saturday, 9 am – noon

February 18, 2012
April 14, 2012
August 18, 2012
December 15, 2012



Refresher

The refresher class offers a review of labor coping skills, breathing patterns, and positioning, as well as the latest updates in childbirth care delivery, for parents who have already attended childbirth instruction or have had a birth experience. Plan to attend during the last trimester of pregnancy.

Saturday, 1 – 4 pm

February 18, 2012 August 18, 2012
April 14, 2012 December 15, 2012

Lunch at Mom's - Breastfeeding Class

As you start your baby out with the best, this class will provide information in the wonderful benefits of breastfeeding for baby and mom. Some of the topics to be discussed will be getting started with breastfeeding, building milk supply, and pumping for times away from baby. Classes are held on Monday evening or Saturday

morning. Mothers are encouraged to bring a spouse, partner, relative or friend to class.

Monday Evenings

February 13 & 20, 2012
April 30 & May 7, 2012
June 4 & 11, 2012
August 20 & 27, 2012
October 29 & November 5, 2012

Saturday (Part of a Day About Baby Class)

January 21, 2012 July 21, 2012
March 17, 2012 September 15, 2012
May 19, 2012 November 17, 2012

Infant Care

This class helps prepare you for the care of your newborn. Learn about diapering, bathing, soothing your baby, infant carriers, baby safety and more.

Monday, 7 – 9 pm

February 27, 2012 August 13, 2012
June 18, 2012 December 17, 2012

Happiest Baby on the Block

Learn about techniques to calm your baby and help decrease sleepless nights. New parents will learn how to calm down almost any crying baby in minutes. You can come to class before or after your baby is born or both if you would like. If you come after the birth of your baby, bring your baby with you to class. This class does have a fee of \$20 for the "Happiest Baby on the Block" DVD.

Monday, 7 -8:30 pm

May 14, 2012 September 10, 2012

A Day About Baby Class

This day is filled with infant care, tips and tricks to help you care for your new baby. You may attend one or all of the classes on this day. The morning is Breastfeeding Class and the afternoon is Infant Care Class along with Happiest Baby on The Block. This class does have a fee of \$20 for the Happiest Baby on the Block "DVD."

Saturday, 9 am – 3:30 pm

Lunch on your own
January 21, 2012 July 21, 2012
March 17, 2012 September 15, 2012
May 19, 2012 November 17, 2012

Massage for Baby

Learn to massage your baby and the many benefits massage has to offer. Infants should ideally be 8 weeks or older. Massage enhances bonding and provides a special time for you and your baby. Classes run for 3 weeks and have a fee of \$20 that includes the supplies you will need and "Infant Massage: A Handbook for Loving Parents"

Wednesday 5 pm – 6 pm, three week series

March 7 – March 21, 2012
May 23 – June 6, 2012
November 7 – November 21, 2012

Dunstan Baby Language

Become familiar with the newborn's world of communication. Explored are ways parents can learn to stop, look and listen - so they can tune in and understand the meaning of the cries of their baby. You can come to this class before or after your baby is born or both, if you would like. If you come after the birth of your baby, bring your baby with you to class. You can pick up a coupon for the Dunstan Baby Language DVD after completing the course.

Wednesday, 11:30 am – 12:30 pm

January 25, 2012
February 22, 2012
March 28, 2012
April 25, 2012
May 23, 2012
June 27, 2012
July 25, 2012
August 22, 2012
September 26, 2012
October 24, 2012
November 28, 2012
December 26, 2012

