

Dunstan Baby Language

Become familiar with the newborn's world of communication. Explored are ways parents can learn to stop, look and listen – so that they can tune-in and understand the meaning of the cries of their baby. 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. You can pick up a coupon for the Dunstan Baby Language DVD after completing the course.

Wednesday, 11:30 am – 12:30 pm

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



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 pm – 5:30 pm

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



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 pm – 9:00 pm

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| January 3 | July 18 |
| March 7 | September 19 |
| May 2 | November 21 |

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, 1:00 pm – 3:00 pm

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|------------|
| April 30 |
| October 22 |

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



**Hannibal Regional
Hospital**

*Chris Coons
Women's Care Center*

6000 Hospital Drive
Hannibal, MO 63401
573.248.5161
hrhonline.org

Childbirth Education Classes 2011



Advanced Medicine. Compassionate Care.



**Hannibal Regional
Hospital**

*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 as 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 the ones 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.**

Childbirth Classes, Monday, 7:00 pm – 9:00 pm

January 10 - February 7
March 14 – April 11
May 16 – June 20
August 1 – August 29
October 10 – November 7

Childbirth Classes, Saturday, 9:00 am – 3:30 pm

Lunch on your own

January 22 July 16
February 12 August 13
March 12 September 17
April 9 October 15
May 14 November 12
June 11 December 10



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, relaxation, and breathing patterns. This class assumes basic knowledge of the process of birth. Does not include a tour.

Saturday, 9:00am - Noon

February 26 August 27
April 30 October 22
June 25 December 17

Lunch at Mom's - Breastfeeding Class

As you start your baby out with the best, this class will provide information on the wonderful benefits of breastfeeding for baby and mom. Subjects like getting started with breastfeeding, building milk supply, and pumping for times away from your baby are a few of the topics discussed. Classes are held on Monday evening or Saturday morning. Mothers are encouraged to bring a spouse, partner, relative or friend to class.

Monday, 7:00 pm – 9:00 pm

February 14 & 21 September 26 & October 3
April 18 & 25 December 12 & 19
June 27 & July 11

Saturday, 9:00 am – 12pm (Part of A Day About Baby Class)

January 15 July 23
March 26 September 24
May 21 November 19

Infant Care – Tips and Tricks for Baby Class

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, 7:00 pm – 9:00 pm

March 7
July 25
September 12

Saturday, 1:00 pm - 2:30 pm (Part of A Day About Baby Class)

January 15 July 23
March 26 September 24
May 21 November 19

Happiest Baby on the Block Class

Learn 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, 7:00 pm – 8:30 pm

February 28
May 9
December 5

Saturday, 2:30 pm – 3:30 pm (Part of A Day About Baby Class)

January 15

March 26

May 21
July 23
September 24
November 19

A Day About Baby Class

The 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 Class. This class does have a fee of \$20 for the "Happiest Baby on the Block" DVD.

Breastfeeding Class9 am to 12 noon
Infant Care Class1 pm to 2:30 pm
Happiest Baby on the Block.....2:30 pm to 3:30 pm
(\$20 fee for Happiest Baby on the Block DVD)

Saturday, 9:00 am – 3:30 pm

January 15 July 23
March 26 September 24
May 21 November 19

Massage for Baby

Learn to massage your baby and the many benefits massage has to offer. 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, 11:30 am – 12:30 pm

January 5 – January 19
February 2 – February 16
March 2 – March 16
April 6 – April 20
May 4 – May 18
June 1 – June 15
July 6 – July 20
August 3 – August 17
September 7 – September 21
October 5 – October 19
November 2 – November 16
December 7 – December 21