

Atrium Health Cleveland

2020 Maternity and Family Education Class Schedule

***Please note that beginning March 15th, 2020 until further notice, classes will be offered virtually (using your smart phone or computer). This way, you will be able to receive your education in the comfort of your own home. We will need your current email address, phone number, as well as mailing address so that we may get educational materials mailed to you prior to class date.**

Prepared Childbirth

Learn how to prepare for the arrival of a new baby. Discuss the birth process, labor support techniques, medications and birth options, including Cesarean. Learn about post delivery care for mom and baby.

This is a series of two classes. Maternity tour included.

Saturday, January 4 <u>and</u> 11	9 a.m. – 1 p.m.
Saturday, March 7 <u>and</u> 14	9 a.m. – 1 p.m.
Saturday, April 25 <u>and</u> May 2	9 a.m. – 1 p.m.
Saturday, July 11 <u>and</u> 18	9 a.m. – 1 p.m.
Saturday, September 12 <u>and</u> 19	9 a.m. – 1 p.m.
Saturday, November 14 <u>and</u> 21	9 a.m. – 1 p.m.

Cost: \$65/couple

Breastfeeding Basics

Parents planning to breastfeed are strongly encouraged to take this class prior to delivery. Although breastfeeding is a completely natural process, it is also a learned art. Come learn how to get off to a good start, avoid common problems, and understand how the process works.

Support persons are encouraged and welcome to attend this class with you.

Thursday, January 16	5:15 – 8:15 p.m.
Saturday, March 28	9 a.m. – noon
Saturday, May 16	9 a.m. – noon
Thursday, July 9	5:15 – 8:15 p.m.
Thursday, September 3	5:15 – 8:15 p.m.
Saturday, November 7	9 a.m. – noon

Cost: \$25

Newborn Safety

This class addresses home safety, car seat safety, infant CPR and choking.

Thursday, January 30	6 – 8:30 p.m.
Saturday, March 21	2 – 4:30 p.m.
Thursday, May 21	6 – 8:30 p.m.
Thursday, July 30	6 – 8:30 p.m.
Saturday, October 3	2 – 4:30 p.m.
Thursday, November 19	6 – 8:30 p.m.

Cost: \$10/person or \$15/couple

Boot Camp for Expectant Dads

Experienced male facilitators and dads who bring along their young infants will discuss baby care, fatherhood, and the needs of new moms - all from a guy's perspective. Relaxed, informal setting.

Saturday, February 22	10 a.m. – noon
Saturday, May 23	10 a.m. – noon
Saturday, August 22	10 a.m. – noon
Thursday, November 12	6 – 8 p.m.

Cost \$15

Expectant Grandparents

A class designed specifically for new or expectant grandparents.

Learn how to support your children in the parenting role and ways to bond with your new grandchild.

Learn about current hospital practices, guidelines for infant care, car seats, and safety in a relaxed setting.

Maternity tour included.

Wednesday, February 19	6 – 8 p.m.
Wednesday, April 15	6 – 8 p.m.
Wednesday, July 29	6 – 8 p.m.
Wednesday, October 28	6 – 8 p.m.

No Cost

Kangaroo Kapers – A Sibling Preparation Class

Our fun and interactive class has been designed for children who are about to welcome a new baby into their family and will soon be taking on the role of Big Brother or Big Sister.

Parents remain with their child(ren) in this class where we'll talk about mom's hospital stay and being a big brother or sister, presented at a young child's learning level. This class is appropriate for ages 2 and up.

Saturday, February 1	10 – 11 a.m.
Saturday, April 18	10 – 11 a.m.
Monday, June 15	6 – 7 p.m.
Monday, August 24	6 – 7 p.m.
Saturday, October 17	10 – 11 a.m.
Monday, November 30	6 – 7 p.m.
	No Cost

Maternity Tour- (Cancelled as of 3/15/20 until further notice)

Please Register by calling 980-487-3983 or email
ClevelandMaternityAndFamilyEducation@AtriumHealth.org

**Save by choosing any 3
classes for \$75.**

**Atrium Health employees attend
free with current ID badge.**

It is recommended that you attend classes during weeks 32 to 37 of pregnancy.

Payments are preferred prior to class.

Payments by credit card may be made via phone after 2 p.m. Mon-Fri at 980-487-3887.

We accept VISA, MasterCard, Discover, and American Express.

Personal checks are also accepted to Atrium Health Cleveland Maternity and Family Education.

Please mail to Attn: Betsy Bryant, Maternity and Family Education

Atrium Health Cleveland

201 East Grover Street

Shelby, NC 28150

Please submit your payment one week or more prior to scheduled class date(s).

Please be aware that we do not have access to your treatment information. If there is a change with your pregnancy, please let us know by calling 980-487-3983.

Thank you for choosing Atrium Health Cleveland for your Maternity and Family Education. We appreciate the opportunity to serve you during this very special time in your life.

Sincerely,

Atrium Health Cleveland Women's and Children's Services Division

Betsy Bryant, RNC, MSN, IBCLC, LCCE, Class Coordinator

Sheila A. Davis, Division Secretary, Maternity and Family Education Class Registrar