

# Atrium Health Cleveland

## 2020 Maternity and Family Education Class Schedule

### 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**

### Maternity Tour

This tour offers an overview of our facility. Expectant parents can tour the perinatal unit as well as view a patient room. Our trained staff can answer general questions about our policies and procedures along the way.

Adults only (No children/siblings)

This is a tour opportunity for families not registered for Prepared Childbirth Class.

|                        |                   |
|------------------------|-------------------|
| Saturday, January 18   | 2 – 4 p.m.        |
| Tuesday, March 17      | 6-- 8 p.m.        |
| Saturday, May 30       | 2 – 4 p.m.        |
| Tuesday, July 14       | 6 – 8 p.m.        |
| Saturday, September 26 | 10 a.m. – 12 p.m. |
| Tuesday, November 17   | 6 – 8 p.m.        |

**No Cost**

## **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. – 12 p.m. |
| Saturday, May 16      | 9 a.m. – 12 p.m. |
| Thursday, July 9      | 5:15 – 8:15 p.m. |
| Thursday, September 3 | 5:15 – 8:15 p.m. |
| Saturday, November 7  | 9 a.m. – 12 p.m. |

**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. – 12 p.m. |
| Saturday, May 23      | 10 a.m. – 12 p.m. |
| Saturday, August 22   | 10 a.m. – 12 p.m. |
| 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**

# Please Register

by calling 980-487-3983 or email

[ClevelandMaternityAndFamilyEducation@AtriumHealth.org](mailto: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 after 2 p.m. at 980-487-3887.

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

Correct cash amount and personal checks are also accepted.

Payments are also accepted on first day of class.

In the event of inclement weather, please call 980-487-3983 for any cancellation information.

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

All Maternity and Family Education programs/classes are in the:

**Women's Life Center Conference Room** (unless you are notified otherwise)

2<sup>nd</sup> floor, patient tower

201 East Grover Street

Shelby, NC 28150

The second floor/Women & Children's Unit has restricted access. Upon arrival, please check in at the Information Desk in the Main Lobby. Please note that prior to entering Women's and Children's Services, you will need to let maternity personnel know your name(s) and the name of the class you will be attending.

