

Atrium Health Cleveland

2021 Maternity and Family Education Class Schedule

(with COVID Restrictions information)

For your safety, all Maternity and Family Education programs/classes during the COVID 19 pandemic are being provided virtually. You will be able to “attend” class from the comfort of your own home.

Please plan your schedule in advance to be sure that your classes are completed within the 36th-37th week of pregnancy if possible.

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.

Virtual maternity tour included.

Saturday, January 23 and 30	9 a.m. – 1 p.m.
Saturday, March 20 and 27	9 a.m. – 1 p.m.
Saturday, May 15 and 22	9 a.m. – 1 p.m.
Saturday, July 17 and 24	9 a.m. – 1 p.m.
Saturday, September 18 and 25	9 a.m. – 1 p.m.
Saturday, November 13 and 20	9 a.m. – 1 p.m.

Cost: \$65/couple*

Maternity Tour

This tour offers an overview of our facility. Expectant parents can virtually tour the perinatal unit. Our trained staff can answer general questions about the hospital stay and our policies and procedures.

Adults only (No children/siblings)

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

Sunday, February 7	2 p.m.
Sunday, April 18	2 p.m.
Sunday, June 13	2 p.m.
Sunday, August 15	2 p.m.
Sunday, October 10	2 p.m.
Sunday, December 12	2 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.

Saturday, January 9	9 a.m. – noon
Thursday, February 18	5:15 p.m. – 8:15 p.m.
Saturday, April 17	9 a.m. – noon
Thursday, May 27	5:15 p.m. – 8:30 p.m.
Saturday, July 31	9 a.m. – noon
Thursday, August 26	5:15 p.m. – 8:15 p.m.
Saturday, October 23	9 a.m. – noon
Thursday, November 18	5:15 p.m. – 8:15 p.m.

Cost: \$25*

Newborn Safety

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

Thursday, January 14	6 – 8:30 p.m.
Saturday, March 6	10 a.m. – noon
Thursday, May 6	6 – 8 p.m.
Saturday, July 10	10 a.m. – noon
Thursday, September 2	6 – 8:30 p.m.
Saturday, November 6	10 a.m. – noon

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 27	9 a.m. – noon
Saturday, April 24	9 a.m. – noon
Saturday, June 12	9 a.m. – noon
Saturday, August 14	9 a.m. – noon
Saturday, October 30th	9a.m. – 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.

Tuesday, February 9	6 – 8 p.m.
Tuesday, May 11	6 – 8 p.m.
Tuesday, August 10	6 – 8 p.m.
Tuesday, November 9	6 – 8 p.m.

No Cost

Kangaroo Kapers / Sibling Silly – 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 moms 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 6	10 – 11 a.m.
Monday, April 12	6 – 7 p.m.
Saturday, June 5	10 – 11 a.m.
Monday, August 9	6 – 7 p.m.
Saturday, October 9	10 – 11 a.m.
Monday, December 13	6 – 7 p.m.

No Cost

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

**Atrium Health Employees
may attend classes at no charge
with current ID**

CLASS REGISTRATION INSTRUCTIONS:

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

Please provide us with:

- 1) the names (including spelling) of those planning to attend
- 2) your contact information including phone number
- 3) email address (the one you will be using to log onto class)
- 4) US mailing address
- 5) the names of classes and dates you wish to attend.

- **Payments are required prior to class.**

You may pay via credit card by phone to 980-487-3887. We accept VISA, MasterCard, Discover, and American Express.

Or you may mail personal check to: Atrium Health Cleveland, Attn: Lactation Services/Maternity and Family Education 201 East Grover Street Shelby, NC 28150.

- ❖ Once all registration components are complete, we will mail you packets for the classes you have chosen. Some materials may be provided via email attachments.
- ❖ You will receive an email invitation to join class within a few days of the scheduled event.

In the event of inclement weather, please call 980-487-3983 for any cancellation information. This would be very unlikely while doing live virtual classes, but could potentially be an issue if internet/power outages.

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 / Julie Ward, RNC, IBCLC, CCE C

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

All Maternity and Family Education programs/classes are live, virtual.

My Class Schedule

Prepared Childbirth Class (\$65-includes supports person)

Date: _____

Time: _____

Maternity Tour (no charge)

Date: _____

Time: _____

Breastfeeding Basics (\$25- includes support person)

Date: _____

Time: _____

Newborn Safety (Car Seat Safety, Infant CPR) - (\$10/person or \$15/couple)

Date: _____

Time: _____

BootCamp for Expectant Dads (\$15)

Date: _____

Time: _____

Expectant Grandparents (no charge)

Date: _____

Time: _____

Kangaroo Kapers/Sibling Silly sibling class (no charge)

Date: _____

Time: _____