

2014

# Maternity and Family Education



Cleveland Regional Medical Center  
Women's Life Center

Phone: 980-487-3983

email: [crmcmaternityandfamilyeducation@carolinashealthcare.org](mailto:crmcmaternityandfamilyeducation@carolinashealthcare.org)





# Maternity and Family Education Programs



When it comes to having a baby, you can count on Cleveland Regional Medical Center for complete support. We offer a wide variety of classes and seminars to help you through your pregnancy and the first few months after your baby's birth. We recommend registering for classes early to insure you get the class of your choice. You can take classes in any order. Please try to schedule your classes so that you will complete them within the 36th - 37th week of pregnancy.

We encourage all first time parents to take as many of the classes as possible that are appropriate.

Pre-registration for all classes and programs is required. Please call 980-487-3983 and when prompted, clearly pronounce your name, and contact information, along with the name and date of the program you wish to attend or email: [crmcmaternityandfamilyeducation@carolinashealthcare.org](mailto:crmcmaternityandfamilyeducation@carolinashealthcare.org).

Any class fees may be paid via credit card (VISA, MasterCard, American Express or Discover) at time of registration or up until time of initial class by cash, check or credit card. Please have correct change when paying cash. Thank you.

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# OB Tours



Location: CRMC Women’s Life Center Conference Room  
Cost: Free

Pre-registration is required. Please call 980-487-3983 or email: [crmcmaternityandfamilyeducation@carolinashealth-care.org](mailto:crmcmaternityandfamilyeducation@carolinashealth-care.org).

*This class provides information related to pregnancy, hospital admission and stay, allowing time for questions. A tour of CRMC’s Women’s Life Center allows you to become familiar with staff member faces as well as the physical environment, helping you to feel more comfortable when it is time for your childbirth experience.*

- Sunday, January 5 . . . . . 2 - 4 p.m.
- Sunday, March 2 . . . . . 2 - 4 p.m.
- Monday, May 19 . . . . . 7 - 9 p.m.
- Wednesday, July 9 . . . . . 7 - 9 p.m.
- Tuesday, September 16 . . . . . 2 - 4 p.m.
- Sunday, November 16 . . . . . 2 - 4 p.m.





## Kangaroo Kapers ★★☆☆☆☆☆☆

Location: CRMC Women’s Life Center Conference Room

Cost: Free

Pre-registration is required. Please call 980-487-3983 or email: crmcmaternityandfamilyeducation@carolinashealthcare.org.

*This class provides children expecting a brother or sister with a positive introduction to the hospital and to what life will be like with a new baby.*

Monday, January 13 . . . . .	6 – 7 p.m.
Monday, March 10 . . . . .	6 – 7 p.m.
Monday, May 12 . . . . .	6 – 7 p.m.
Monday, July 14 . . . . .	6 – 7 p.m.
Monday, September 15 . . . . .	6 – 7 p.m.
Monday, November 3 . . . . .	6 – 7 p.m.

## Bootcamp for Expectant Dads ★★☆☆☆☆☆☆

Location: CRMC Women’s Life Center Conference Room

Cost: \$10

Pre-registration is required. Please call 980-487-3983 or email: crmcmaternityandfamilyeducation@carolinashealthcare.org.

This class, “Bootcamp for Expectant Dads”, allows man to man discussion with the opportunity to hear experiences and gain insight from recently new fathers and get helpful hints from facilitators. “Veteran” Dads bring their little ones, providing an opportunity to see and hold infants and allows participants to observe dads’ interactions with their babies.

Wednesday, January 15 . . . . .	6 – 8 p.m.
Wednesday, April 16 . . . . .	6 – 8 p.m.
Wednesday, July 16 . . . . .	6 – 8 p.m.
Wednesday, October 15 . . . . .	6 – 8 p.m.



# Expectant Grandparents



Location: CRMC Women's Life Center Conference Room

Cost: Free

Pre-registration is required. Please call 980-487-3983 or email: [crmcmaternityandfamilyeducation@carolinashealthcare.org](mailto:crmcmaternityandfamilyeducation@carolinashealthcare.org).

*This class provides updated information for grandparents-to-be and to see what's new in baby care since your children were small. You'll receive information on how to help and support the first few weeks after your grandchild is born. There will be a tour of the unit and we'll discuss changes in maternity care over the past several years.*



- Tuesday, January 28 . . . . . 6 – 8 p.m.
- Wednesday, April 2 . . . . . 6 – 8 p.m.
- Tuesday, July 15 . . . . . 6 – 8 p.m.
- Wednesday, October 8 . . . . . 6 – 8 p.m.

# Infant Child CPR



Location: CRMC Women's Life Center Conference Room

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

Pre-registration is required. Please call 980-487-3983 or email: [crmcmaternityandfamilyeducation@carolinashealthcare.org](mailto:crmcmaternityandfamilyeducation@carolinashealthcare.org).

*This class teaches the basics of resuscitation for infants and children up to 8 years of age. (This class does not provide official CPR certification.)*

- Monday, March 3 . . . . . 6 – 8 p.m.
- Monday, June 2 . . . . . 6 – 8 p.m.
- Monday, August 25 . . . . . 6 – 8 p.m.
- Monday, December 1 . . . . . 6 – 8 p.m.





# Breastfeeding Basics



Pre-registration is required.

Cost - CRMC \$25 for participant. No charge for support person attending.

*The American Academy of Pediatrics recommends breastfeeding when possible because studies have shown that breastfeeding has a positive impact on an infant's general health, growth and development. Breastfeeding may also enhance cognitive development and significantly decrease risk for many acute and chronic diseases later in life. There are also benefits for mom, family and society related to breastfeeding. This class will share with expectant moms (and their support persons) the basics of breastfeeding.*

CRMC Breastfeeding Basics Class - Please call 980-487-3983 or email: [crmcmaternityandfamilyeducation@carolinashealthcare.org](mailto:crmcmaternityandfamilyeducation@carolinashealthcare.org) to register.

Cost - \$25 for participant and support person(s).

Class dates are as follows:

5:15 - 8:00 p.m.

Wed., Jan. 8

Wed., Mar. 5

Wed., May 21

Thur., Jul. 17

Wed., Sep. 17

Thur., Nov. 13

If you are a maternity patient at Cleveland County Health Department, prenatal breastfeeding classes are available at no cost. Classes are on the second Tuesday of each month at 11:00 a.m. at the Cleveland County Health Department. Please call 704-484-5155 to register.

# Prepared Childbirth Classes



Pre-registration is required.

Cost - CRMC - \$65 for participant. No charge for support person attending.

*Prepared Childbirth Class provides expectant mothers and support persons with information about the last months of pregnancy, the birth process and labor-coping skills, along with information about the maternity hospital stay, early postpartum period and newborn care. All class series include a tour of the CRMC maternity unit.*

Evening classes are one night each week for 5 weeks from 6:30 – 8:30 p.m. or choose one Saturday from at 8 a.m. until 5 p.m.

CRMC Prepared Childbirth - please call 980-487-3983 or email: [crmcmaternityandfamilyeducation@carolinashealthcare.org](mailto:crmcmaternityandfamilyeducation@carolinashealthcare.org) to register. Classes are held at CRMC Women's Life Center Conference Room. Cost \$65 - participant and support person(s)

Thursdays  
6 - 8:30 p.m.

Jan. 30, Feb. 6, 13, & 20

Apr. 10, 17, 24 & May 1

Jul. 31, Aug. 7, 14, & 21

Sept. 18, 25, Oct. 2, & 9

Saturdays  
8 a.m. - 5 p.m.

Jan. 11

Mar. 8

May 10

Jul. 12

Sept. 13

Nov. 8

If you are a patient at Cleveland County Health Department, classes are held at Cleveland County Health Department. Register in person at the Cleveland County Health Department or please call 704-484-5259.

Tuesdays  
6:30 - 8:30 p.m.

Jan. 7 - Feb. 11

Mar. 4 - Apr. 1

May 6 - Jun. 3

Jul. 8 - Aug. 5

Sept. 9 - Oct. 7

Nov. 18 - Dec. 9





## Accessing the Epidural Video

1. Go to [www.clevelandregional.com](http://www.clevelandregional.com)
2. Click on Women's & Children's on the left.
3. Note: All videos are on YouTube – however, in some cases, it may require a media player to view.

Cleveland County HealthCare System  
Exceptional Technology, Extraordinary Care

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  - Orthopedics
  - Pain Care
  - Surgical
- Women's & Children's**
- Wound Healing Center
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- Careers With Us
- Community Services
- News & Events

Click a tab to the right to browse various playlists.  
The arrows advance the tabs for more playlists.

CCHS - CEO Message | CCHS - Cardio-Pulmonary | CCHS - Emergency Depart.

00:00 01:00

PLAY | email | share | get info | get code

Welcome from our CEO, Brian Gwyn

Welcome from our CEO, Brian Gwyn...  
Cleveland County HealthCare System's President and CEO Brian Gwyn explains his vision and past...

What's Great Kings Mountain...  
Kings Mountain Hospital administrator Abel Bell tells us about the many levels of care offered loc...

The Joint Commission Award...  
The orthopaedic program at Cleveland Regional Medical Center received three Joint Commission D...

Why choose to work for Clev...  
Dorris Hale, VP of Human Resources at CCHS gives you a broad strokes synopsis of why you should...

Anterior Hip Replacement - T...  
Medford Terry Zoske tells us why hip replacement surgery should not be feared. His surgery by orthopaed...

4. You may choose English or Spanish

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CCHS-Epidural Information

00:00 10:26

PLAY | email | share | get info | get code

English

Spanish

CCHS-Epidural Information

Epidural Video - Spanish Version

Women's Life Center Tour - Part 1 - rev...

Women's Life Center Tour - Part 2



# My Class Schedule

## OB Tour (Free)

Date \_\_\_\_\_ Time \_\_\_\_\_

## Kangaroo Kapers Sibling Class (Free)

Date \_\_\_\_\_ Time \_\_\_\_\_

## Expectant Dads Class (\$10.00)

Date \_\_\_\_\_ Time \_\_\_\_\_

## Expectant Grandparents (Free)

Date \_\_\_\_\_ Time \_\_\_\_\_

## Infant/Child CPR (\$10.00/person or \$15.00/couple)

Date \_\_\_\_\_ Time \_\_\_\_\_

## Car Seat Safety Class (Free)

Date \_\_\_\_\_ Time \_\_\_\_\_

## Breastfeeding Basics (CRMC \$25/CCHD Free)

Date \_\_\_\_\_ Time \_\_\_\_\_

## Prepared Childbirth Classes (CRMC \$65/CCHD Free)

Date \_\_\_\_\_ Time \_\_\_\_\_

*Cleveland Regional Medical Center Women's Life Center offers a variety of educational programs to help moms, dads, grandparents and siblings prepare for the birth of a baby. Registration is required for all classes; early registration is recommended to obtain your preferred dates and times. To register call 980-487-3983.*

*Registration for Prepared Childbirth Classes & Breastfeeding Basics can be done through CRMC Maternity and Family Education by calling 980-487-3983 or by emailing [crmcmaternityandfamilyeducation@carolinashealthcare.org](mailto:crmcmaternityandfamilyeducation@carolinashealthcare.org). If you are a patient of Cleveland County Health Department register by calling 704-484-5155 (Breastfeeding class) or 704-484-5259 (Childbirth Class Series).*



**Cleveland Regional Medical Center**

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