

**Tuesday, March 5**

- Tour and More - 12:00pm

**Tuesday, March 12**

- Tour and More - 12:00pm
- Prenatal Breastfeeding Class - 6:00pm

**Tuesday, March 19**

- Tour and More - 12:00pm

**Thursday, March 21**

- 2 Day Childbirth Preparation Series - 6:00pm

**Tuesday, March 26**

- Tour and More - 12:00pm
- 

**Tour and More**

**Time:** 12:00pm

Cost: FREE. Registration includes registrant and one guest.

On this tour we will discuss:

- LDR birthing Room
- Operating Room
- Newborn Nursery
- Mother/Baby Rooms
- Skin to Skin
- Non-pharmacologic pain relief methods for labor
- Rooming In 24 hours
- Baby led feedings based on infant feeding cues

**Prenatal Breastfeeding Class**

**Time:** 6:00pm

This **IN-PERSON breastfeeding class** is designed to support and education parents with the natural art of breast feeding.

Topics included in the course are

- Benefits of breast feeding to mother and baby
- Importance of early skin to skin contact
- Importance of early initiation of breastfeeding
- Benefit of rooming in 24 hours

- Feeding cues/feeding on demand
- Effective positioning and latch
- Frequency feeding to assure optimal milk production
- Exclusive breastfeeding for 6 months
- Delay pacifier use till breastfeeding established
- Support groups/resources upon discharge from the hospital

One registration per couple is required, no need to "add attendee" during registration. Spouses or support persons are highly encouraged to attend. If class participation is high we may run a little over. We look forward to seeing you in class.

## 2 Day Childbirth Preparation Series

**Time:** 6:00pm

This is a 2 week Childbirth Preparation Series that will meet for two consecutive weeks (1st date listed on Calendar, 2nd class to follow on the same day of the following week). Our goal is to prepare you to be a knowledgeable and active participant in your childbirth experience. In class we will cover:

- Nutrition
- Stages of Labor
- Warning Signs
- Comfort Measures and Pain Control Options
- Vaginal Delivery/Skin to Skin/Recovery
- Cesarean Delivery
- Breastfeeding/Early initiation/Feeding Cues
- Postpartum Care/Follow-up care for Mom and Baby
- Newborn Care/24 hour rooming-in

We will also practice breathing, relaxation and massage techniques. Classes are taught by experienced professionals certified in prenatal education.

One registration is required per couple (no need to add attendee during registration process). Spouses or support persons are highly encouraged to attend. Classes are held in the Women's Center at St. Francis Hospital located in the Butler Pavilion on level B.

*Contact:*

Patricia Hiller 706-320-8001

[hillerp@sfhga.com](mailto:hillerp@sfhga.com)