

**Tuesday, June 3**

- Tour and More - 12:00pm
- Postpartum Breastfeeding Support Group - 2:00pm

**Wednesday, June 4**

- Early Bird Pregnancy Class - 6:00pm

**Tuesday, June 10**

- Postpartum Breastfeeding Support Group - 2:00pm
- Prenatal Breastfeeding Class - 5:30pm

**Tuesday, June 17**

- Postpartum Breastfeeding Support Group - 2:00pm

**Tuesday, June 24**

- Tour and More - 12:00pm
- Postpartum Breastfeeding Support Group - 2:00pm

**Wednesday, June 25**

- Early Bird Pregnancy Class - 6:00pm

**Thursday, June 26**

- Rock Your Labor - 90 Minute Relaxation Class - 6:00pm
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**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

**Postpartum Breastfeeding Support Group**

**Time:** 2:00pm

Support for new mothers who make the choice to breastfeed their babies is a point of pride for our team at the St. Francis-Emory Healthcare Women's Hospital. For those new moms just starting out, it can sometimes feel that you have many more questions than good answers. Trust us, you're not alone.

Our Women's Services team offers a free Breastfeeding Support Group from 2-3:30 every Tuesday. This free support group covers topics such as normal weight gain, soothing a fussy baby, night parenting and feeding, when to begin solids, introduction to pumping, and when to consult your pediatrician.

### Early Bird Pregnancy Class

**Time:** 6:00pm

This class is designed for patients of St. Francis obstetric providers that are between 12-20 weeks pregnant and their primary support person.

During class we will review new patient information that includes:

- Safe Medication use
- Nutrition and Exercise
- Early Warning Signs
- Contacting your provider
- Pregnancy Resources
- Tour of the Unit

One registration is required per patient (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

### Prenatal Breastfeeding Class

**Time:** 5:30pm

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.

### **Rock Your Labor - 90 Minute Relaxation Class**

**Time:** 6:00pm

This is a class offered for patients planning to deliver at St. Francis. If you are delivering at another hospital, please reach out to Trisha Hiller at 706-320-8001 for options or to be placed on a wait list. Join us for a 90-minute adventure into labor relaxation techniques.

Whether you are planning for a completely natural birth, or you would like guidance for relaxation in the early stages of labor, this class is for you.

Topics will include:

- Breathing and Relaxation Techniques
- Positions and Movement to help facilitate labor
- Guided Meditations
- Tour of the Unit

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)