

Family Birth Center
at Maine Medical Center



EMBRACING PREGNANCY AND PARENTHOOD

Childbirth Education & Parenting Preparation

2011

Whether you are preparing for the birth of your first child or your family is growing, our Parent Education Program offers a variety of pregnancy and parenting classes to help you prepare for your new little one. You'll also find classes for grandparents and siblings to support you and your family through pregnancy and beyond.


Maine Medical Center
MaineHealth

centered around you

We appreciate the opportunity to provide you with the educational programs and services listed in this guide. Should you have any questions, please feel free to contact us by phone at (207) 662-6132 or by email at childbirtheeducation@mmc.org.



Attending childbirth education classes will build confidence in your body's ability to give birth.

REGISTRATION INFORMATION

Classes fill up quickly! To ensure availability, we recommend registering at least one month before the class start date. It is never too early to register!

■ **To register:** We accept registration online or by mail. Payment is required at the time of class registration by check, VISA, or MasterCard.

Online: Visit www.mmcfamilybirth.org to view current class offerings. You can register for our classes using the “calendar of events” link. After completing and submitting your registration information, a message will appear with a link to pay for your class. Your class will not be confirmed until this form is complete.

Mail: Complete and return the enclosed registration form, including payment (either check or credit card information). Make checks payable to Maine Medical Center Childbirth Education and mail to:

Maine Medical Center
Childbirth Education
22 Bramhall Street
Portland, ME 04102

■ **Class Fees:** Prices include attendance for mother and one support person, unless noted otherwise. Once we receive registration information and payment, a confirmation and payment receipt will be sent to you. You may submit this receipt to your insurance carrier for reimbursement. If you are enrolled in MaineCare, we will need you to give us your Maine Medical Center Blue Card number. The hospital will bill MaineCare directly for the Childbirth Education Workshops or Express Course. Limited scholarship opportunities are available. Please contact us for more information.

■ **Class Locations:** Classes are held at Maine Medical Center in Portland unless noted otherwise. Class location and room number will be detailed in your confirmation letter.

■ **Postponements and Cancellations:** We reserve the right to postpone or cancel a class due to insufficient enrollments or extenuating circumstances. If such an event occurs, you will be notified by phone and invited to reschedule or be reimbursed. Cancellations due to weather are recorded on our voice mail at (207) 662-6132 at least 2 hours before the class start time and listed on TV and radio cancellation lines.

■ **Refunds:** Please be sure to notify the Childbirth Education office at (207) 662-6132 if you need to cancel or reschedule a class. Cancellations are subject to a \$10 cancellation fee. The cancellation fee is waived if you need to cancel due to your baby’s early arrival!

■ **Handicapped Assistance/Interpreter Services:** Maine Medical Center has the means available to assist persons with disabilities who have needs relative to participation in classes. If you need special parking assistance due to a disability, please call MMC’s Parking Office at (207) 662-2123 to make arrangements. Individuals who need auxiliary aids for effective communication in programs and services should make their needs and preferences known when registering for classes or events.

Tours of the Family Birth Center

Tuesdays 6:00 - 7:00 PM ■ Saturdays (by appointment only) 12:00 noon
FREE, registration required

Maine Medical Center offers free tours to individuals and families who would like a closer look at the Family Birth Center. Your tour guide will discuss preparing for the birth, arriving at the hospital, what to expect while you are in our care, and more. You'll also have the opportunity to view rooms on the Labor & Delivery and Mother Baby Care Units. To register, please call (207) 662-6132. For the safety of our mothers and babies, and to ensure adequate staffing, we ask that you register at least one week in advance.

Healthy Pregnancy

EXPECT GREAT THINGS

Prenatal Yoga

Tuesdays (8-week sessions) 6:00 - 7:00 PM ■ \$100 per person
Held at the Medically Oriented Gym (M.O.G.) at Saco Bay Physical Therapy,
29 Foden Rd., South Portland.

Join us for gentle postures and breath work that will enhance energy and ease in your pregnancy, promote relaxation, and cultivate calm and confidence in preparation for childbirth. This eight-week class will provide an opportunity to develop an awareness of your changing body and deepen your relationship with your baby. Previous yoga experience is not required and participation is welcomed at any stage in your pregnancy. In the best interest of you and your baby, we require that your obstetrician or midwife sign a screening form that we will mail to you with your class confirmation. Please mail it back to our office or bring it to your first class.

January 4 – February 22

March 8 – April 26

May 10 – June 28

July 12 – August 30

September 13 – November 1

November 15 – January 3 (2012)

Benefits of Yoga During Pregnancy

- Relieve common discomforts of pregnancy, such as back pain and round ligament pain.
- Prepare your body for birth through toning and stretching.
- Reduce fluid retention and cramping.
- Improve oxygen and nutrient supply to baby.
- Reduce the risk of prenatal and postpartum depression.

Childbirth Education

To meet the needs of busy parents-to-be, our childbirth education classes are offered in two formats, Workshops and a One-Day Express Course. Choose the option that best fits your schedule.

Workshops 101-104

Mondays or Thursdays 6:00 - 8:00 PM ■ East Tower Classrooms 2 & 3 ■ \$100 per couple

These comprehensive classes are designed to provide you and your labor partner with the information, skills, and resources you need to be an active participant in the birth of your baby.

Childbirth Education 101: Introduction to Labor & Delivery

Recommended for all first-time pregnant women and their birth partners, this class covers the stages and phases of labor, what to expect physically and emotionally, the importance of labor support, and more.

Childbirth Education 102: Practical Skills and Comfort Measures

This class will cover comfort measures such as relaxation, breathing, and positions you can use both at home and at the hospital. Even mothers planning to use medication for pain relief will use skills to manage labor before and along with the use of medication.

Childbirth Education 103: Medications and Interventions

Be an active participant in the decisions that affect you and your baby. Learn about induction of labor, unplanned caesareans, vacuum, fetal monitoring, and more. Whether you plan to use pain medications, or just want to understand the available options, this class will provide you the information you need to make informed decisions about pain relief and interventions used during labor.

Childbirth Education 104: Putting It Together

To wrap it up, this class puts into practice all of the skills and knowledge you have gained during 101, 102, and 103 during a labor rehearsal and birth plan exercise. This class includes a teaching tour of the Family Birth Center and an opportunity for Q & A.

Mondays

February 7 – February 28

April 4 – April 25

June 6 – June 27

August 1 – August 22

October 3 – October 31 (skips October 10)

November 28 – December 19

Thursdays

January 6 – January 27

March 3 – March 24

May 5 – May 26

July 7 – July 28

September 1 – September 22

October 27 – November 17

Childbirth Education Express Courses

Saturdays 9:00 AM - 4:00 PM ■ East Tower Classrooms 2 & 3 ■ \$100 per couple

For parents who prefer a faster pace, we offer the same content as in our workshops but in a condensed all-day class.

One-Day Express Course

January 8, 22	July 9, 23
February 5, 12, 19	August 6, 13, 20
March 5, 19	September 10, 17
April 2, 9, 16	October 1, 8, 22
May 7, 14	November 5, 12
June 4, 11, 18	December 3, 10



Boot Camp for New Dads

Offered by the MaineHealth Learning Resource Center

Saturdays 9:00 AM - 12:00 PM ■ FREE

For more information or to register, visit www.mainehealth.org/LRC or call toll-free 1-866-609-5183

Join trained facilitators from *Boys to Men* for this one-time, three-hour workshop for expectant dads. Learn how to become comfortable with your new role as a dad by learning important basic skills about caring for an infant and supporting your partner. For dates & locations, please call.

Breastfeeding

YOUR GIFT TO BABY

Breastfeeding Forum

Monday or Saturday ■ East Tower Classroom 2 ■ \$50 per couple

Learn the art of breastfeeding from an International Board Certified Lactation Consultant. This class is both for parents who have decided to breastfeed their baby and for those still exploring breastfeeding. We cover the benefits of breastfeeding, different breastfeeding techniques and positions, and local community and professional resources. Attending this class before your baby's birth will prepare you for a successful breastfeeding experience.

Mondays 6:00-8:30 PM	Saturdays 9:00-11:30 AM
January 10, 24	February 26
March 14, 28	April 30
May 9, 23	June 25
July 11, 25	August 27
September 12, 26	October 29
November 14, 21	December 17

Back to Work/School Breastfeeding

Wednesdays 1:00 - 3:00 PM ■ East Tower Classroom
3 ■ \$20 per person

This class is designed for mothers who will soon be returning to work, attending school, or otherwise separated from their breastfeeding baby. Mothers will learn how to navigate the world of breast pumps, pumping schedules, breastmilk storage, and maintaining milk supply. You'll learn tried and true tips and tools for reaching your breastfeeding goals, time management, and reconnecting with baby. This class is designed to be taken at least one month before returning to work, school, or extended travel away from baby, although attendance prior to birth is also acceptable. Breastfeeding babies under 6 months are welcome.

February 23

August 24

April 27

October 26

June 29

December 28

The American Academy of Pediatrics recommends:

- exclusive breastfeeding for the first 6 months after birth
- continued breastfeeding for at least 12 months or as long as mother and baby desire.

Beyond the Basics

MORE CHILDBIRTH PREPARATION FOR YOUR UNIQUE NEEDS

HypnoBirthing®

Wednesdays 6:00 - 9:00 PM ■ East Tower Classroom 2 ■ \$200 per couple

This course is taught by an affiliate of the HypnoBirthing® Institute and consists of five sessions during which the mother and her birth companion learn specific deep relaxation techniques for use during labor. Class will cover the physiology of the body in labor, and how gracefully it will work without the constraints of fear and anxiety. The course includes the book, HypnoBirthing® The Mongan Method, and the companion CD of birthing affirmations. Parents will complete the course comfortable with the tools they've acquired and ready to welcome their baby with confidence. It is recommended to begin this class between 28 and 32 weeks gestation.

January 5 - February 2

June 29 - July 27

February 16 - March 16

August 10 - September 7

March 30 - April 27

September 21 - October 19

May 11 - June 8

November 9 - December 14 (skips November 23)

Expecting Multiples

Mondays ■ 6:00 - 9:00 PM ■ East Tower Classroom 1 ■ \$40 per couple

Couples expecting more than one baby will receive information specific to multiple pregnancy, birth, and parenting. Early participation in this class is advised – before 30 weeks gestation. If this is your first pregnancy, participation in one of our childbirth education classes is also strongly encouraged.

February 7

August 15

April 4

October 3

June 6

December 5

Teen Workshop

FREE, registration required.

For dates and locations, please call the Childbirth Education office at (207) 662-6132.

The format of our Teen Workshop is flexible and informal to meet the specific needs of class participants. Class content includes the stages of labor, relaxation techniques, position changes, and medication choices. This class also includes a tour of the Family Birth Center.

Childbirth Education Private Classes

To arrange a private class, please call the Childbirth Education Program Coordinator at (207) 662-3619.

■ \$50 per couple per hour

We offer private classes for expectant parents with unique needs who'd like a more individualized approach. Class content may include material covered in any of our courses or adapted to meet unique needs such as preparing for a vaginal birth after cesarean, creating a positive birth experience, birthing with unique medical needs, etc.

Preparing the Family

BABY CHANGES EVERYTHING

Sibling Classes

Saturdays 10:00 AM - 12:00 PM ■ East Tower Classrooms 2 & 3 ■ \$15 per child

This class will help your older children embrace the special occasion of becoming a big brother or sister. Siblings will tour the Family Birth Center, watch an age-appropriate video, learn to diaper their doll or teddy bear, and more. The classes are divided by age groups.

Younger Sibling Class (ages 2-5)

January 29	July 30
February 26	August 27
March 26	September 24
April 30	October 29
May 21	November 19
June 25	December 17

Older Sibling Class (ages 6-12)

January 29	July 30
March 26	September 24
May 21	November 19

Grandparent Class

Saturdays 10:00 AM - 12:00 PM ■ East Tower Classroom 1 ■ \$15 per person

Things have really changed since your parents had you! This class will cover communication between parents and grandparents; how grandparents can help during pregnancy, birth, and after Baby is born; current guidelines for infant care, car seats, and infant safety; and ways to bond with your new grandchild.

January 29	July 30
March 26	September 24
May 21	November 19

Pets and Playpens

Preparing Your Pet for Your New Baby

Tuesdays 6:00 - 8:00 PM ■ Dana Center Classroom 7 ■ \$15 per person

Your new infant's arrival is an exciting and wonderful time! It is also a big transition that can cause stress for your pet and your family. Being prepared can alleviate this stress and help you create harmony in your new family. This class, taught by Animal Refuge League of Greater Portland staff, will help you identify specific stressors for your pet and teach you how to make the transition smoother. You will learn techniques to help everyone in the family stay safe, healthy, and happy.

January 18	July 19
March 15	September 20
May 17	November 15

Infant Care

TAKING CARE OF YOUR LITTLE ONE

Baby Basics

Wednesdays 6:00 - 9:00 PM ■ East Tower Classroom 3 ■ \$50 per couple

Expectant first-time parents can learn about a mother's postpartum adjustments and common newborn needs and behaviors. This class includes how to baby-proof your home, how to bathe and swaddle your new baby, recommended sleep positions, handling home emergencies, and other baby care tips.

January 5, 19	July 6, 20
February 2, 16	August 3, 17
March 2, 16	September 7, 21
April 6, 20	October 5, 19
May 4, 18	November 2, 16
June 1, 15	December 7, 14

Family & Friends CPR and First Aid

Mondays and Wednesdays 6:00 - 9:00 PM ■ East Tower Classroom 1 ■ \$45 per person

Join an American Heart Association-certified instructor for this two-session course for parents, childcare providers, teachers, and others who care for children. This course provides basic information on resuscitation for adults, infants, and children, injury prevention skills, and basic first aid for infants and children. The texts *Family & Friends CPR* and *Family & Friends First Aid for Children* will be provided, as well as a course completion certificate from the American Heart Association, valid for two years.

January 10 & 12	July 11 & 13
January 24 & 26	July 25 & 27
February 14 & 16	August 8 & 10
March 14 & 16	September 12 & 14
March 28 & 30	September 26 & 28
April 11 & 13	October 17 & 19
May 9 & 11	November 14 & 16
May 23 & 25	November 28 & 30
June 13 & 15	

Adjusting to Postpartum:

THE GIFT OF MOTHERHOOD

Mothering Circle

Thursdays* 10:00 AM - 12:00 PM ■ Falmouth MaineHealth Learning Resource Center
FREE, no registration required

Come together to share the story of your parenting journey and receive support, guidance, and inspiration. Discussion topics include: infant massage, baby wearing, nurturing yourself, relationship changes. This group is flexible to address your own needs, concerns, and wishes. The Mothering Circle is facilitated by a childbirth educator who is also a trained doula and breastfeeding counselor.

Breastfeeding Support Groups

Tuesdays* 1:00 - 3:00 PM ■ Scarborough MaineHealth Learning Resource Center
FREE, no registration required

This free support group is for mothers of babies aged from birth to six months. It is a great opportunity to meet other new breastfeeding mothers in your community, share experiences, and receive postpartum and newborn care information and support. A lactation consultant is on hand to answer your questions, provide guidance, and perform infant weight checks.

1st and 3rd Mondays* 5:00 - 7:00PM ■ Medically Oriented Gym (M.O.G.) at Saco Bay Physical Therapy, 29 Foden Rd., South Portland

This free support group focuses on providing support and encouragement to mothers who have returned to work or school and the challenges of breastfeeding an older infant. Mothers of younger infants who cannot make it to the daytime support group are also welcome to attend. Come learn tips and tricks on maintaining supply, balancing work/school and breastfeeding, introducing solids, and meeting your long-term breastfeeding goals.

Postpartum Adjustment Support Group

Wednesdays* 1:00 PM - 2:30 PM ■ Maine Medical Center Family Birth Center

Having a baby is a joyous time for most women, but it is also common for new mothers to feel sad, lonely, afraid, or anxious after childbirth. Sometimes it helps to talk with another woman who is experiencing similar feelings. You are not alone! Join us weekly for support and education. For more information and location, call Peg Bradstreet, Clinical Nurse Specialist, at 662-2827. (There is no fee for this group)

**Please note: These mothers' groups are not held during holiday weeks or inclement weather. Call (207) 662-3619 for more information.*

Mommy & Me Music and Movement

Partnership Class offered at the Medically Oriented Gym (M.O.G.) at Saco Bay Physical Therapy, 29 Foden Rd., South Portland

Wednesdays 1:30 PM

For more information and to register, contact the M.O.G. at (207) 347-3030.

Exercise and fun for child and caregiver! This class will help develop children's fine and gross motor skills, visual-auditory awareness, rhythm, socialization, strength, and flexibility with the use of musical instruments, ball play, finger play, puppets, parachutes, and more!

Learning through Baby Play

Saturdays 11:00 AM - 12:00 PM ■ \$50 per baby and up to two caregivers.

For more information and to register, please visit www.mmcfamilybirth.org or call 207-662-6132.

Come learn about fun activities and every-day toys that can help your baby's brain "wire & fire"!

Join Kara Kaikini, Masters prepared educator in human development, in this four-week series for babies 6-12 months and their caregivers.

January 8 - 29

May 7 - June 4 (no class May 28)

September 10 - October 1

Parenting Pointers

A MaineHealth Learning Resource Center Special Series

Third Thursday of each month 6:00 - 8:00 PM ■ FREE, registration required

For more information and to register, please call toll-free 1-866-609-5183

The MaineHealth Learning Resource Center and Maine Medical Center's Family Birth Center have joined forces to help make your job a little easier and less stressful. Please join us for these informative and practical lecture series.

Topics for 2011 Include:

- Infant Massage
- Toilet Training
- Tired of Saying No
- Preparing Food for Infants
- Your Child's Sleep
- From Temper Tantrums to Terrific



centered around you