

Family Birth Center  
at Maine Medical Center



EMBRACING PREGNANCY AND PARENTHOOD

# Childbirth Education & Parenting Preparation

2012

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](mailto:childbirtheeducation@mmc.org).



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



## Childbirth Education & Parenting Preparation Registration Form

Your Name: \_\_\_\_\_ Your Email: \_\_\_\_\_

Support Person's Name: \_\_\_\_\_ Your Date of Birth: \_\_\_\_\_

Your Mailing Address: \_\_\_\_\_ Your Due Date: \_\_\_\_\_

\_\_\_\_\_  
Name of Midwife or Doctor: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ MaineCare:  No  Yes

Phone: \_\_\_\_\_ If Yes, please include your

Cell/Work Phone\*: \_\_\_\_\_ MMC Blue Card Number: \_\_\_\_\_

\*Please provide an alternate phone number so that we may contact you in the event of a last minute cancellation.

Please fill in the dates for the classes you wish to attend. Please include your credit card information or enclose a check. You will be sent a class confirmation form and receipt once we receive your payment. You may use this receipt to request reimbursement from your insurance company, if available. If you are enrolled in MaineCare, the hospital will bill them directly for the Childbirth Education Workshop or Express Course.

Class Name	Date(s)	Number of Attendees	Total Cost	Class Name	Date(s)	Number of Attendees	Total Cost
Prenatal Yoga (\$100/person)				Younger Siblings (ages 2-5) (\$15/child)*			
Childbirth Education 101-104 (\$100/couple)				Older Siblings (ages 6-12) (\$15/child)*			
One-Day Express Course (\$100/couple)				Grandparent Class (\$15/person)†			
Breastfeeding Forum (\$50/couple)				Pets & Playpens (\$15/person)			
Back to Work/School Breastfeeding (\$20/person)				Baby Basics (\$50/couple)			
HypnoBirthing (\$200/couple)				Friends & Family CPR & First Aid (\$45 per person)			
Expecting Multiples (\$40/couple)				Learning Through Baby Play (\$50/baby)			

Are you a MaineHealth employee?  Yes  No (If yes, please call 662-6132 or email ChildbirthEducation@mmc.org for discount information)

Total Cost: \_\_\_\_\_

Check enclosed (Please make payable to MMC Childbirth Education)

Visa  MasterCard Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name on credit card: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

\*Full Name(s) & Age(s) of Sibling Child(ren): \_\_\_\_\_

†Full Name(s) and addresses of Grandparents: \_\_\_\_\_

Would you like to receive information about other classes and special events?  Yes  No

Would you like to register for our KidsHealth E-Newsletter?  Yes  No (If yes, please make sure you list your email address above.)

**Please mail your completed registration form and payment to:  
Maine Medical Center, Childbirth Education, 22 Bramhall St., Portland, ME 04102**



## 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](http://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 MMC 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 12:30PM (by appointment only)  
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, *registration is required at least one week in advance.*

## Healthy Pregnancy

EXPECT GREAT THINGS

### Prenatal Yoga

Tuesdays (8-week sessions) 5:30 - 6:30 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 17 – March 6

July 24 – September 11

March 20 – May 8

September 25 – November 13

May 22 – July 10

November 27 – December 18 (4 week session, \$50)

### *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 6 – February 27

April 2 – April 23

June 4 – June 25

August 6 – August 27

October 1 – October 29 (skips October 8)

November 26 – December 17

#### **Thursdays**

January 5 – January 26

March 1 – March 22

May 3 – May 24

July 12 – August 2

September 6 – September 27

October 25 – November 15

## 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 7, 21	July 14, 21
February 4, 11, 18	August 4, 11, 18
March 3, 17	September 8, 15, 22
April 7, 14, 21	October 13, 20
May 5, 12	November 3, 10
June 2, 9, 16	December 1, 8



## 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 4 - February 1	June 27 - August 1 (skips July 4)
February 22 - March 21	August 15 - September 12
April 4 - May 2	September 26 - October 24
May 16 - June 13	November 7 - December 12 (skips November 21)

### 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 6  
April 2  
June 18

August 27  
October 1  
December 10

## 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.

# 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**

January 9, 23

March 12, 26

May 14

June 4

July 9, 23

September 10, 24

November 12, 26

**Saturdays 9:00-11:30 AM**

February 25

April 28

June 30

August 25

October 27

December 15

## 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 22

August 22

April 25

October 24

June 20

December 19

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.

## 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 common newborn needs and behaviors and how to prepare for bringing baby home. This class includes information about feeding, how to baby-proof your home, how to bathe and swaddle your new baby, safe sleep, handling home emergencies, and other baby care tips.

January 4, 18

July 18

February 8, 22

August 1, 15, 29

March 7, 21

September 5, 19

April 4, 18

October 3, 17, 31

May 2, 16

November 14

June 6, 20

December 5, 19

### 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 9 & 11	July 9 & 11
January 23 & 25	July 23 & 25
February 13 & 15	August 13 & 15
March 5 & 7	September 10 & 12
March 19 & 21	September 24 & 26
April 9 & 11	October 15 & 17
May 7 & 9	November 5 & 7
May 21 & 23	December 3 & 5
June 11 & 13	

### 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](http://www.mainehealth.org/LRC) and click on the Learning Resource Center Class Catalog, 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.

## 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 28	July 28
February 25	August 25
March 31	September 29
April 28	October 27
May 19	November 17
June 23	December 15

### Older Sibling Class (ages 6-12)

January 28	July 28
March 31	September 29
May 19	November 17

### 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 28	July 28
March 31	September 29
May 19	November 17

### 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 17	September 18
May 15	December 11

## 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.

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1st and 3rd Mondays\* 5:00 - 7:00PM ■ Medically Oriented Gym (M.O.G.) at Saco Bay Physical Therapy, 29 Foden Rd., South Portland ■ FREE, no registration required

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

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](http://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 us in this four-week series for babies 6-12 months and their caregivers.

February 4 - 25

April 21- May 12

September 8 - 29

## Parenting Pointers

### A MaineHealth Learning Resource Center Special Series

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.

Call 1-866-609-5183 or visit [www.mainehealth.org/LRC](http://www.mainehealth.org/LRC) or [www.mmcfamilybirth.org](http://www.mmcfamilybirth.org) for more information or to register for any of the following classes.

### Vaccinations: What Is Best for Your Child?

MMC East Tower LRC, 22 Bramhall St. Portland ■ FREE

Call 1-866-609-5183 or visit [www.mainehealth.org/LRC](http://www.mainehealth.org/LRC) or [www.mmcfamilybirth.org](http://www.mmcfamilybirth.org) for more information

Learn the newest information about vaccinations from two of Maine's leading experts – **Dr. Sydney Sewall** from Kennebec Pediatrics in Augusta and **Kathleen Mahoney**, BS, Health Educator from the *Maine CDC's Immunization Program*. They will explain the science behind vaccines, the current child vaccination schedule, new vaccine methods, and share tools and tips for making the best decisions for your child and family. There will be lots of time for questions. Prizes will be awarded and appetizers served. Come and join us!

### Infant Massage

MMC East Tower LRC, 22 Bramhall St. Portland ■ 6:00 – 8:00 p.m. ■ \$15/person

Call 1-866-609-5183 or visit [www.mainehealth.org/LRC](http://www.mainehealth.org/LRC) or [www.mmcfamilybirth.org](http://www.mmcfamilybirth.org) for more information

Learn a fun and safe way to soothe and relax your new baby with **Christine Stack, LMT, NCBTMB** from Latitudes Massage Therapy. You will gain confidence in handling your baby with simple techniques that provide healthy benefits to your child and create a loving bond. Class will be hands-on and babies up to 6 months or dolls are welcome.

## Helping Your Baby Sleep

MMC East Tower LRC, 22 Bramhall St. Portland ■ 6:00 – 8:00 p.m. ■ \$15/person  
Call 1-866-609-5183 or visit [www.mainehealth.org/LRC](http://www.mainehealth.org/LRC) or [www.mmcfamilybirth.org](http://www.mmcfamilybirth.org) for more information

What can you do when you are exhausted, but your child won't sleep at night? Join **Victoria Dalzell, MD**, from the Maine Medical Partners Pediatric Specialty Care as she talks about strategies to help your baby develop regular sleep patterns. This class will specifically address sleep issues for young children **0-12 months of age** and will include an opportunity for discussion.

## Baby Signs: Parent Workshop

MMC East Tower LRC, 22 Bramhall St. Portland ■ 6:00 – 8:00 p.m. ■ \$15/person  
Call 1-866-609-5183 or visit [www.mainehealth.org/LRC](http://www.mainehealth.org/LRC) or [www.mmcfamilybirth.org](http://www.mmcfamilybirth.org) for more information

Babies have a lot to say even before they can speak. Join Karen Curtis, nationally certified Baby Signs Program instructor and learn how babies and toddlers can communicate using simple easy-to-learn signs. The class will focus on cognitive and emotional development and will introduce you to strategies for success at home.

## Baby Food Basics

UMaine Regional Learning Center, 75 Clearwater Drive, Suite 104, Falmouth ■ \$5/family  
Call 1-866-609-5183 or visit [www.mainehealth.org/LRC](http://www.mainehealth.org/LRC) or [www.mmcfamilybirth.org](http://www.mmcfamilybirth.org) for more information.

Join Kathy Savoie, MS , RD, from the UMaine Cooperative Extension to learn the basic steps for introducing solid foods to your baby. You'll also get a hands-on demonstration of simple preparation techniques, learn tips for food safety and more. You'll learn that making your own baby food is simpler than you think – and it can help you save a lot of money on your grocery bill.

