

Family Birth Center
at Maine Medical Center



EMBRACING PREGNANCY AND PARENTHOOD

Childbirth Education & Parenting Preparation

2009

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

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 by mail, online, or by phone. Payment is required at the time of class registration by check, VISA, or MasterCard.

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

Online: Visit www.mmcfamilybirth.org to view current class offerings. You can register for our classes using the “calendar of events” link.

Phone: To register by phone and pay with VISA or MasterCard, please call (207) 662-6132. If we are unavailable, please leave a telephone number where we can reach you Monday-Friday between 8:30 a.m. and 5:00 p.m.

■ **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.

■ **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, weather, 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.

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.

Tours and More

Preview for Parents: A Tour and More

Wednesdays ■ 6:00 - 8:00 p.m. ■ FREE, registration required

This free class is an introduction to the Family Birth Center, including how to prepare for the birth of your baby, what to expect while you are in our care, a tour of the Family Birth Center, and a meet and greet with FBC staff. This class is also open to couples who are exploring pregnancy and those who have not decided on a birthing facility.

January 7	April 1	July 1	October 7
February 4	May 6	August 5	November 4
March 4	June 3	September 2	December 2

Basic Tours

Tuesdays ■ 6:00 - 7:00 p.m. ■ FREE, registration required

Maine Medical Center offers free tours to individuals and families who would like a closer look at the Family Birth Center. Tours are held most Tuesday evenings beginning in the main hospital lobby. To listen to a list of available dates and to register, please call (207) 662-6132 or visit www.mmcfamilybirth.org.



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

Healthy Pregnancy

EXPECT GREAT THINGS

A Feel Good Pregnancy

Your Very First Class

Thursdays ■ 6:00 - 8:00 p.m. ■ FREE, registration required

Whether your test just came back positive or you are trying to conceive, this class will answer all the questions you just can't wait to ask, as well as give you health and wellbeing tips to help you enjoy your pregnancy physically and emotionally! Topics covered include physical and emotional changes, fetal development, and healthy choices.

January 8
March 12

May 14
July 9

September 10
November 12

Prenatal Yoga

Gentle Postures

Tuesdays (8-week sessions)
6:00 - 8:00 p.m. ■ \$100 per person

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.

Session 1: January 6 - February 24
Session 2: March 17 - May 5
Session 3: May 26 - July 14

Session 4: August 4 - September 22
Session 5: October 13 - December 1

Just Not Glowing

Exploring Pregnancy and Parenthood

Mondays ■ 6:00 - 8:00 p.m. ■ FREE, registration required

Being newly pregnant or a new mom is not always easy. This class explores all of the emotions and transitions experienced during pregnancy and postpartum, including anticipation of the arrival of your new baby, your changing roles, becoming a mother, utilizing the support of friends and family, and coping with new stressors. Participants will have the opportunity to ask questions and share concerns.

February 23

May 11

August 17

November 9

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 p.m. ■ \$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. You will also see birth videos and receive a free copy of Injoy's interactive book on childbirth.

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

January 5 - January 26

March 2 - March 23

April 27 - May 18

July 6 - July 27

September 14 - October 5

November 16 - December 7

Thursdays

February 5 - February 26

April 2 - April 23

June 4 - June 25

August 6 - August 27

October 15 - November 5

continued

Childbirth Education Express Courses

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

Saturday ■ 8:30 a.m. - 4:30 p.m. ■ \$100 per couple

January 10	March 7	May 2	July 11	September 12	November 7
January 17	March 14	May 9	July 18	September 19	November 14
January 24	March 21	May 16	August 8	October 3	November 21
February 7	April 4	June 6	August 15	October 17	December 5
February 14	April 18	June 13	August 22	October 24	December 12
February 21		June 20			

Breastfeeding

YOUR GIFT TO BABY

Breastfeeding Forum

Wednesday or Saturday ■ \$50 per couple

Learn the art of breastfeeding from International Board Certified Lactation Consultants. 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.



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.

Wednesdays 6-8:30 p.m.

February 25
April 22
June 24
August 26
October 28
December 30

Saturdays 9-11:30 a.m.

January 31
March 28
May 30
July 25
September 26
November 28

Beyond the Basics

MORE CHILDBIRTH PREPARATION FOR YOUR UNIQUE NEEDS

HypnoBirthing®

Wednesdays ■ 6:00 p.m. – 9:00 p.m. ■ \$150 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.

January 28 - February 25
April 29 - May 27

July 29 - August 26
October 7 - November 4

Expecting Multiples

Bundles of Joy

Mondays ■ 6:00 - 9:00 p.m. ■ \$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 strongly encouraged.

February 2
April 6

June 1
August 3

October 5
December 7

Teen Workshop

FREE, registration required.

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

This class is designed to give young mothers information and skills to help with decision-making about labor and birth. 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 includes a tour of the Family Birth Center.

Preparing the Family

BABY CHANGES EVERYTHING

Sibling Classes

Just for You

Saturdays ■ 10:00 a.m. - 12:00 p.m. ■ \$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)

December 19	July 25
January 31	August 29
February 18	September 26
March 28	October 31
April 25	November 28
May 30	December 19
June 27	

Older Sibling Class (ages 6-12)

January 31
January 28
March 28
May 30
July 25
September 26
November 28



Grandparent Class

Your Baby is Having a Baby

Saturdays ■ 10:00 a.m. - 12:00 p.m. ■ \$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 their new grandchild.

January 28	May 30	September 26
March 28	July 25	November 28

Pets and Playpens

Preparing Your Pet for Your New Baby

Tuesdays ■ 6:00 - 8:00 p.m. ■ \$5 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 20	May 19	September 15
March 17	July 21	November 17

Infant Care

TAKING CARE OF YOUR LITTLE ONE



Baby Basics

Beyond Diapers and Drool

Wednesdays ■ 6:00 - 9:00 p.m. ■ \$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 7	March 18	May 27	August 5	October 21
January 21	March 25	June 3	August 19	November 4
January 28	April 1	June 17	September 2	November 18
February 4	April 8	July 1	September 16	November 25
February 18	May 6	July 15	September 23	December 2
March 4	May 20	July 22	October 7	December 9

Pediatric Basic Life Support and First Aid

More than Bumps and Bruises

Mondays and Wednesdays ■ 6:00 - 9:00 p.m. ■ \$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, risk prevention skills, and first aid in infants and children (aged from birth to 8 years). The text *Heartsaver CPR* will be provided, as well as a course completion certificate from the American Heart Association, valid for two years.

February 9 & 10	June 8 & 9	October 12 & 13
April 13 & 14	August 10 & 11	December 14 & 15

Car Seat Safety

Birth to Boosters

Wednesdays ■ 6:00 - 8:00 p.m. ■ \$15 per person

This class is designed for parents or other adults who would like to learn how to transport children safely in automobiles. Class content covers child passenger safety from birth through early childhood and will include how to choose and correctly install the appropriate car seat for your child. This class is taught by a child passenger safety technician.

Maine Fact: More than 90% of car seats in Maine are installed incorrectly!

January 14	May 13	September 9
March 11	July 8	November 11

Adjusting to Postpartum:

A GIFT OF MOTHERHOOD



Mothering Circle

Transitioning to Motherhood

Every Thursday (except holiday weeks)
10:00 a.m. to 12:00 p.m.
Room 3, Maine Medical Center East Tower
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 Group

New Mothers and Their Babies

Every Tuesday (except holiday weeks)
1:00 - 3:00 p.m., Room 3, Maine Medical Center East Tower
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.

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

Postpartum Adjustment Support Group

Every Wednesday ■ 1:00 p.m. to 2:30 p.m., 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)

Parenting Pointers

A MaineHealth Learning Resource Center Special Series

Third Thursday of each month ■ FREE, registration required

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

6:00 p.m. - 8:00 p.m.

Maine Medical Center's Family Birth Center & the MaineHealth Learning Resource Center team up to provide you with this special series! Join other parents and community experts to learn more about exciting new parenting tips and topics, such as infant massage, toilet training, and finding childcare.



centered around you