

HALIFAX HEALTH - CENTER FOR WOMEN & INFANT HEALTH
2020 Childbirth Education Classes



Understanding Birth Complete and Newborn Care Series

Class Fee: \$40/couple for 4-Week Series; **Location:** France Tower, Meeting Room F

Join us for a four week series to help prepare you for the labor and delivery process. The first three weeks will cover labor and delivery preparations, including discomforts of pregnancy, warning signs, the labor process, comfort techniques, medical procedures, pain control and family centered cesarean births. The last week you will learn how to care for your newborn once home. This series is led by a certified childbirth educator.

Date	Time	Date	Time
Wednesday, January 8, 15, 22, 29	6:00 - 9:00 pm	Wednesday, July 1, 8, 15, 22	6:00 - 9:00 pm
Wednesday, February 5, 12, 19, 26	6:00 - 9:00 pm	Wednesday, August 5, 12, 19, 26	6:00 - 9:00 pm
Wednesday, March 4, 11, 18, 25	6:00 - 9:00 pm	Wednesday, September 2, 9, 16, 23	6:00 - 9:00 pm
Wednesday, April 1, 8, 15, 22	6:00 - 9:00 pm	Wednesday, October 7, 14, 21, 28	6:00 - 9:00 pm
Wednesday, May 6, 13, 20, 27	6:00 - 9:00 pm	Wednesday, November 4, 11, 18, (Dec 2)	6:00 - 9:00 pm
Wednesday, June 3, 10, 17, 24	6:00 - 9:00 pm		

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Understanding Birth Express Class

Class Fee: \$40/couple; **Location:** France Tower, Meeting Room E

Join us for this Saturday express class on preparations for labor. When you sign-up for this class you can attend the Newborn Care Class on the fourth Wednesday of the month FREE of charge. This series is led by a certified childbirth educator.

Date	Time	Date	Time
Saturday, January 4	10:00 am - 5:00 pm	Saturday, July 11	10:00 am - 5:00 pm
Saturday, February 1	10:00 am - 5:00 pm	Saturday, August 1	10:00 am - 5:00 pm
Saturday, March 7	10:00 am - 5:00 pm	Saturday, September 5	10:00 am - 5:00 pm
Saturday, April 4	10:00 am - 5:00 pm	Saturday, October 3	10:00 am - 5:00 pm
Saturday, May 2	10:00 am - 5:00 pm	Saturday, November 7	10:00 am - 5:00 pm
Saturday, June 6	10:00 am - 5:00 pm	Saturday, December 5	10:00 am - 5:00 pm

Breastfeeding Support Groups

Class Fee: FREE

An opportunity to meet with a lactation consultant, weigh your baby and have real discussions with other moms.

Location/Instructor	Time
Port Orange YMCA, Healthy Living Center, with IBCLC, Rebecca Sarwi, RN	Tuesdays weekly, 10:00 am - 12:00 pm
Ormond Beach YMCA, Healthy Living Center, with IBCLC, Susan Bekken, RN	Wednesdays weekly, 10:00 am - 12:00 pm

Newborn Care Class

Class Fee: \$25; **Location:** France Tower, Meeting Room F

Join us for a class on newborn basics. This class is included FREE of charge with the Understanding Birth Complete Class Series and the Understanding Birth Express Class. In this class you will learn how to care for and soothe your newborn by a Certified Neonatal ICU RN Developmental Care Specialist. This class is great for those adopting or grandparent caregivers, as well as parents who need a refresher course.

Date	Time	Date	Time
Wednesday, January 29	6:00 - 9:00 pm	Wednesday, July 22	6:00 - 9:00 pm
Wednesday, February 26	6:00 - 9:00 pm	Wednesday, August 26	6:00 - 9:00 pm
Wednesday, March 25	6:00 - 9:00 pm	Wednesday, September 23	6:00 - 9:00 pm
Wednesday, April 22	6:00 - 9:00 pm	Wednesday, October 28	6:00 - 9:00 pm
Wednesday, May 27	6:00 - 9:00 pm	Wednesday, December 2	6:00 - 9:00 pm
Wednesday, June 24	6:00 - 9:00 pm		

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Breastfeeding Class

Class Fee: \$15; **Location:** France Tower, Meeting Room F

If you are choosing to breastfeed your baby you may have a number of questions like, "How do I know if my baby is getting enough?" and "Is breastfeeding really best for my baby?" All of these topics and more are covered in our three and a half hour class led by International Board Certified Lactation Consultants. You will learn positioning techniques, what to expect during the early days of breastfeeding, how to be prepared for breastfeeding at work and also discuss the best products to help during breastfeeding.

Please bring a baby doll (if available) to class.

Date	Time	Date	Time
Monday, January 13	6:00 - 9:30 pm	Monday, July 6	6:00 - 9:30 pm
Monday, March 16	6:00 - 9:30 pm	Monday, September 21	6:00 - 9:30 pm
Monday, May 18	6:00 - 9:30 pm	Monday, November 16	6:00 - 9:30 pm

Sibling Celebration

Class Fee: FREE; **Location:** France Tower, Meeting Room E

Sibling Celebration is a fun, interactive program, which provides a special way to introduce the newest addition to your family. Parents and children together learn "what baby does best," how to change a diaper and we also share the "Bernstein Bears" story of bringing home their new baby. We will also provide a short tour of the Halifax Health - Center for Women & Infant Health at the end of this class and children are encouraged to bring their favorite stuffed animal or doll. This class is intended for parents and their children, ages three to 10 years of age.

Date	Time	Date	Time
Wednesday, February 5	6:00 - 7:00 pm	Wednesday, August 5	6:00 - 7:00 pm
Wednesday, April 1	6:00 - 7:00 pm	Wednesday, October 7	6:00 - 7:00 pm
Wednesday, June 3	6:00 - 7:00 pm	Wednesday, December 2	6:00 - 7:00 pm

