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Preparing for your special delivery

Congratulations!

Pregnancy and parenthood are very exciting times. A new baby brings love, joy and laughter. However, you may also feel overwhelmed during your pregnancy, delivery and early parenthood. Questions seem to come up almost daily, such as:

How do I cope with labor, finding out what is best for me?

What techniques will help me relax during childbirth?

How can I go back to work and continue breastfeeding?

The classes offered by Regions Hospital Birth Center will help answer your questions and put you more at ease.

Classes are designed to provide you with the latest medical knowledge and support tools. Our classes have helped thousands of parents enjoy a healthier childbirth and early parenting experience.



Important Registration Information

1. Please read through this booklet and choose the classes and times that best meet your needs. We suggest that when selecting prenatal classes, you plan to finish your last class approximately two weeks before your anticipated due date.
2. Complete the registration form on the back page of this booklet and send it to the Cashier's Office at Regions Hospital or register on-line at regionshospital.com. Complete registration instructions are on page 18. Please call 651-254-3580 if you have financial concerns.
3. All classes are held at Regions Hospital in St. Paul. Directions to Regions Hospital are included on page 17. You may call 651-254-3580 if you have questions.
4. Class confirmations will be sent to you by mail or to your e-mail address. Your confirmation will include class location information.

***Private Prenatal Consultation
available upon request. Call
651-254-3580
to make arrangements.***

Childbirth Preparation Classes — *Six-Week Evening Series*

This course is designed for expectant parents who want to learn about a wide variety of pregnancy related topics and take a tour of The Birth Center. Instructors, who are trained and certified in childbirth education, will cover physical and emotional changes in pregnancy, the labor process and birth options, body comfort techniques, meditation options, and breathing and relaxation techniques. Please bring two pillows and a blanket to class.

This class is available on Monday and Tuesday evenings and is best taken during the last three months of pregnancy. **The class includes a tour of The Birth Center.**

Times Offered

Mondays, 6:30 p.m. – 8:30 p.m.

Tuesdays, 6:30 p.m. – 8:30 p.m.

Mondays in 2010

Jan. 18 - Feb. 22

March 1 - April 5

April 19 - May 24

June 7 - July 19

(skipping 7/5)

July 26 - Aug. 30

Sept. 13 - Oct. 18

Oct. 25 - Nov. 29

Tuesdays in 2010

Jan. 5 - Feb. 9

Feb. 16 - March 23

March 30 - May 4

May 11 - June 15

June 22 - July 27

Aug. 3 - Sept. 7

Sept. 21 - Oct. 26

Nov. 9 - Dec. 14

Fee

\$95 per family

Childbirth Preparation Classes — Weekend Express Series

We have condensed the six-week prenatal series into one Friday evening and a Saturday. During the Weekend Express Series, parents will receive approximately eight hours of childbirth preparation from instructors who are trained and certified in childbirth education. Topics covered include physical and emotional changes in pregnancy, the labor process and birth options, body comfort techniques, medication options, and breathing and relaxation techniques. Please bring two pillows and a blanket to class.

This class is best taken during the last three months of pregnancy. **The class includes a tour of The Birth Center.**

Times Offered

Fridays, 6:30 p.m. – 9:30 p.m. and
Saturdays, 9:00 a.m. – 3:00 p.m.

Fridays and Saturdays in 2010

Jan. 8 & 9	Jan. 22 & 23
Feb. 5 & 6	Feb. 19 & 20
March 5 & 6	March 19 & 20
April 9 & 10	April 23 & 24
May 7 & 8	May 21 & 22
June 4 & 5	June 18 & 19
July 9 & 10	July 23 & 24
Aug. 6 & 7	Aug. 20 & 21
Sept. 10 & 11	Sept. 24 & 25
Oct. 8 & 9	Oct. 22 & 23
Nov. 5 & 6	Nov. 19 & 20
Dec. 3 & 4	Dec. 17 & 18

Fee

\$95 per family

Childbirth Refresher Classes — Two-Session Refresher Series

Recommended for expectant parents who attended prenatal classes during a previous pregnancy, this two-session course is offered as a review and update of birthing practices and procedures. Instructors will cover breathing and relaxation techniques, the latest on comfort measures, labor and birthing procedures and tips for adjusting to a new family member. **This class includes a tour of The Birth Center.** Please bring two pillows and a blanket to class.

This class is best taken during the last three months of pregnancy.

Times Offered

Thursdays, 6:30 p.m. – 9:00 p.m.

Thursdays in 2010

Jan. 28 & Feb. 4
May 27 & June 3
Sept. 16 & 23
Nov. 11 & 18

Fee

\$40 per family

Cesarean Childbirth — *One-Session*

This class is designed for expectant parents who already know they will have a cesarean delivery as well as for those who would like to have more detailed information about cesarean birth.

The one-session course addresses reasons for cesarean birth, the cesarean birth procedure, physical and emotional needs, the role of your partner, medications and pain management, and your recovery at home.

Times Offered

Thursdays, 6:30 p.m. – 8:30 p.m.

Thursdays in 2010

Jan. 21
April 22
July 15
Dec. 9

Fee

\$35 per family

Vaginal Birth After Cesarean — VBAC

This class is designed for expectant parents who are considering or planning a VBAC. This one-session class will explore the pros and cons of VBAC, how to prepare, and how to make your birth a rewarding experience.

Times Offered

Thursdays, 6:30 p.m. – 8:30 p.m.

Thursdays in 2010

Feb. 18
April 29
June 24
Aug. 26
Oct. 28

Fee

\$35 per family

Sibling Class — One-Session

Welcoming a new baby into your home may be both exciting and traumatic for a sibling. To help prepare them for this life-changing event, bring children age three and up to our Sibling Class. A visit to our Birth Center and nursery is included. Topics include how it feels to become a big brother or sister as well as age appropriate discussions about the birth process and what to expect from a new baby. Please bring a favorite doll or stuffed animal and a baby blanket so children can practice holding, diapering and wrapping up a baby.

This class is best taken during the last two months of pregnancy. Please include names and ages of each sibling on your registration form. Attach an additional sheet, if necessary.

Times Offered

Saturdays, 9:30 a.m. – 11:00 a.m.

Saturdays in 2010

Jan. 16
March 13
May 15
July 17
Sept. 18
Nov. 13

Fee

\$20 per family

Breastfeeding Your Baby — One-Session

This class is highly recommended even if you are undecided about whether to breast or bottle feed your baby. You will learn helpful information and skills to get breastfeeding off to a good start, including the benefits of breastfeeding, the basics of how to breastfeed and pump breast milk, and the availability of supportive community resources.

This class is best taken during the last three months of pregnancy and is open to expectant women and their partners.

Times Offered

Thursdays, 6:30 p.m. – 9:00 p.m.

Thursdays in 2010

Jan. 14
Feb. 25
April 8
May 13
July 8
Aug. 19
Sept. 30
Nov. 4
Dec. 16

Fee

\$40 per family

New Baby *Two-Sessions*

Your baby is almost here! Your anticipation is building but you may be a little anxious as well. Ease some of that anxiety by joining us in your last trimester to learn more about becoming a parent. In this one-session class, educators from Regions Hospital share their knowledge and experience on a variety of important subjects. Topics include but are not limited to: ways in which you as a parent can help your baby grow and thrive, practical tips on properly caring for and bathing your newborn, and what to expect the first few months at home with your new baby.

This class is best taken during the last three months of pregnancy.

Times Offered

Wednesdays, 6:30 p.m. – 8:30 p.m.

Dates Offered in 2010

Jan. 13 and 20
Feb. 24 and March 3
March 31 and April 7
April 28 and May 5
May 26 and June 2
June 23 and June 30
Aug. 4 and Aug. 11
Sept. 15 and Sept. 22
Oct. 27 and Nov. 3
Dec. 1 and Dec. 8

Fee

\$25 per family

Birth Center Tours

We invite you and your family to a scheduled tour of our Birth Center to help you become familiar with our private, spacious birthing rooms, our home-like post-delivery rooms, our newborn nursery and our special care nursery unit. Siblings are welcome to join a tour, but we strongly recommend that they attend our Sibling Class (pg. 10), which also includes a tour.

To register for a tour, please call 651-254-3580, and leave your name, the date of the tour you would like to attend and the number of people who will attend with you. **(Note: Childbirth Preparation Classes (pgs. 5-7) include a tour.)**

Times Offered

Saturdays, 11:30 a.m. – 12:30 p.m.

Wednesdays, 6 p.m. – 7 p.m. or 7 p.m. – 8 p.m.

Saturdays in 2010

Jan. 16	March 13	May 15
July 17	Sept. 18	Nov. 13

Wednesdays in 2010

(choose the 6 p.m. or 7 p.m. tour)

Jan. 27	Feb. 17	March 2
April 21	May 19	June 16
July 28	Aug. 18	Sept. 29
Oct. 20	Nov. 17	Dec. 15

Fee

FREE — Call 651-254-3580 to reserve a spot.

Mom and Baby — The Early Weeks

Share the joys and concerns of having a new baby with other parents, an instructor, and parent-led discussions. Topics may include feeding, sleeping and crying issues, interactions with your baby, relationships, resources for new parents, and ideas for having fun with your baby. Introductions to infant massage will be part of this class, as well as some help from our lactation consultants.

Moms and baby welcome.

Times Offered

Mondays, 3:00 p.m. – 4:30 p.m.

Dates Offered in 2010

Jan. 11 - Feb. 1

Feb. 15 - March 8

March 22 - April 12

April 26 - May 17

June 7 - 28

July 12 - Aug. 2

Aug. 9 - 30

Sept. 13 - Oct. 4

Oct. 18 - Nov. 8

Nov. 22 - Dec. 13

Fee

\$20 per family

Sign Language for Hearing Babies and Toddlers — *One-Session*

Learn to use sign language to communicate with your hearing infant or toddler to help promote understanding while decreasing frustration and whining. Babies are capable of understanding language before they are able to speak. Learn to communicate simple concepts and ideas with your infant by using "baby signs." This class is structured for adults to learn the techniques and benefits, such as decreased crying and a potential increase in IQ points.

Attendees will view a video showing 55 key signs and receive instruction from a certified therapeutic recreation specialist with more than 30 years of experience teaching Conversational American Sign Language and Baby Sign Language. The illustrated book, "Small Talk— Sign Language for You and Your Baby," is included in the registration fee.

Times Offered

Thursdays, 6:30 p.m. – 8:30 p.m.

Thursdays in 2010

April 22

Oct. 7

Registration

To register for this class, contact Susan Hagel at 612-889-0780 or smalltalksign@aol.com.

Fee

\$45 per family – includes book

Infant CPR and Safety — *One-Session*

In this class, prenatal educators with training in family-centered CPR will teach the ABCs of infant resuscitation and child safety. Participants will observe a demonstration of infant cardio pulmonary resuscitation (CPR) and airway obstruction clearance and then spend time practicing these skills on mannequins.

This class is best taken during the last three months of pregnancy.

Times Offered

Thursdays, 6:30 p.m. - 8:45 p.m.

Dates Offered in 2010

Feb. 11

April 15

June 10

Aug. 12

Oct. 7

Dec. 2

Fee

\$40 per family

Car Seat Safety — *One-Session*

In order to promote Child Safety Awareness to our Regions Hospital and HealthPartners communities we are offering frequent, free car seat clinics to learn how to properly install the seats and secure children in the seats. Car seat clinics will coincide with prenatal classes offered at Regions Hospital. A listing of the clinics can be found on regionshospital.com. The Clinics are listed under "What's New". Information on child passenger safety and/or appointments for clinics can be made by calling Child Passenger Safety at 651-357-2798 or e-mailing to CarSeatInfo@HealthPartners.com.

Times Offered

Coincide with 6-Week or Weekend Express Childbirth Prep classes

Dates Offered in 2010

See Regions web site:

<http://www.regionshospital.com>

Fee

Free

How to get to Regions Hospital



Regions Hospital is located near downtown St. Paul, at the intersection of Jackson Street and University Avenue. It is just a few blocks east of the State Capitol, near the junction of Interstates 94 and 35E.

For 24-hour automated directions to the hospital call: 651-254-2377

Maps and directions also available at: regionshospital.com

Parking

The west ramp entrance is on Jackson Street. An hourly fee is charged. Valet parking is available most days of the week.

Registration Information

Also available at regionshospital.com

- **Send completed registration form and fee (payable to Regions Hospital) to:**
Cashier's Office
Attention: Prenatal Education
Regions Hospital
M.S. 11502C
640 Jackson Street
St. Paul, MN 55101
- **Class size may be limited.**
- **Registrations are taken in the order in which they are received.**
- All registrations and fees must be **received in advance, by mail or online at regionshospital.com.**
- **Class fees support our Prenatal Education Program.** Payment (payable to Regions Hospital) by check, money order or credit card is required along with your registration.
- **Confirmation** will be sent by mail or e-mail upon receipt of payment.
- **If you are unable to attend after you have registered,** you may reschedule for a different class or receive a refund (minus a \$10 processing fee). No refunds will be given after the class begins.
- **In the event of low enrollment,** a class may be canceled. If this occurs, you will be notified by mail, phone and/or e-mail and may either reschedule or receive a full refund.
- **In the event of bad weather,** please call **651-254-2090** to verify if the class has been canceled.
- **If you have any additional questions or financial concerns** regarding class registration, please call our Prenatal Education Department at **651-254-3580**.

Registration Form

Register online at regionshospital.com

or send completed registration form and fee to:

Cashier's Office/Attention: Prenatal Education
Regions Hospital
M.S. 11502C
640 Jackson Street
St. Paul, MN 55101

Mother's Name

Address

City

State

Zip Code

() ()

Home Phone Number

() ()

Work Phone Number

Father or Class Companion's Name

Due Date

Name of Clinic

Physician/Midwife

Hospital for Birth

Name of Insurance and Policy Number

You will be delivering at: Regions Hospital

Other Hospital _____

If paying by credit card, complete the information below:

Credit Card Type: Visa® MasterCard®
 Discover® American Express®

Credit Card Number

Expiration Date (mm/yy)

Credit Card Validation Code

(three-digit code found on the back of the card in signature area)

Card Holder's Name

Amount charged to credit card

E-mail Address

May we send your confirmation by e-mail? Yes No

Please place a checkmark next to your class selections and write in your preferred class start date below:

Name of Class	Class Start Date	Fee
<input type="checkbox"/> Childbirth Preparation Classes Six-Week Evening Series		\$95
<input type="checkbox"/> Childbirth Preparation Classes Weekend Express Series		\$95
<input type="checkbox"/> Childbirth Refreshers Two-session Series		\$40
<input type="checkbox"/> VBAC Vaginal Birth After Cesarean		\$35
<input type="checkbox"/> Cesarean Childbirth Classes		\$35
<input type="checkbox"/> Sibling Class Names/Ages _____		\$20
<input type="checkbox"/> Breastfeeding Class		\$40
<input type="checkbox"/> New Baby		\$25
<input type="checkbox"/> Birth Center Tour No. Attending _____		FREE
<input type="checkbox"/> Mom and Baby the Early Weeks		\$20
<input type="checkbox"/> Infant CPR and Safety		\$40
TOTAL AMOUNT ENCLOSED OR CHARGED TO CREDIT CARD		\$

Regions Hospital

Regions Hospital is a Level I Trauma Center and teaching hospital serving Minnesota and western Wisconsin for more than 130 years. Regions is a private hospital providing outstanding care in women's health, heart, cancer, surgery, orthopaedics, burn, emergency care and more. Regions is part of the HealthPartners family of care. Additional information is available at regionshospital.com.

Regions Hospital Foundation

The Regions Hospital Foundation's mission is to advance patient care, research and education throughout Regions Hospital and its affiliated clinics and programs. If you would like to make a tax-deductible contribution, please visit the Regions Hospital Foundation page at regionshospital.com or contact us at 651-254-2376 or RHF@HealthPartners.com.



Pregnancy, Childbirth and Parenting Courses



2010



640 Jackson Street
St. Paul, Minnesota 55101
651-254-3580

regionshospital.com
#120523
410-308-529

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