

2024



PRENATAL  
Education



# Introduction

## **Congratulations, you're going to have a baby!**

Altru Health System's Family Birthing Center offers a variety of classes. These classes are free of charge and you may bring one guest with you. Please go to your MyChart account (visits > schedule an appointment > Altru Health System Visit > prenatal class registration) to register.

**If interested in a virtual class please email [prenatalclass@altru.org](mailto:prenatalclass@altru.org) for more information.**

To start your Birth Planning (after you are 28 weeks), please log in to your MyChart account online and fill out your questionnaire. Click on the Menu and select "Register for My Delivery". If this does not allow you to access the questionnaire, if you need any other assistance, or have questions about your birth planning, please contact 701.780.1677.

Here are some additional references for you to review: Altru Health System [Altru.org](http://Altru.org), search for Obstetrics (Pregnancy & Birth) and click on "Take a Virtual Tour". This will show you the layout of the Family Birthing Center and the Neonatal Intensive Care Unit.

# Time Line for Attending

Below is the courses we offer and the suggested time line for attending classes:

## **During Pregnancy**

- 1-5 mos. Baby and Me Tobacco Free
- 1-9 mos. Mommy Care Basics
- 4-9 mos. Breastfeeding Information
- 6-9 mos. Baby Care Basics
- 6-9 mos. Bringing Home Baby
- 6-9 mos. Childbirth Preparation/Comfort Measures
- 6-9 mos. Personal Predelivery Consultation
- 6-9 mos. Survival Skills for New Dads
- 6-9 mos. Delivering at Altru (NOT for 1st time parents)

## **After Baby**

- 1-7 mos Infant Massage

**Pre-registration is required for all classes. Class size is limited. It is suggested that you register 2 - 3 months in advance as classes do fill up quickly. Information is also available on the event calendar at [altru.org/calendar](http://altru.org/calendar).**

Altru Health System reserves the right to cancel courses due to lack of enrollment, inclement weather and other circumstances as needed. Whenever possible, participants will be contacted by 3 p.m.

**ATTENTION PARTICIPANTS:** If you plan to attend our class and will need special facilities or assistance relating to a disability, please contact the Family Birthing Center, 701.780.3454 or TDD# 701.780.5977, at least two weeks prior to the class.

**For more information, our Prenatal Education staff is happy to assist you:**

Attn: FBC Prenatal Education  
Altru Health System  
P.O. Box 6002  
Grand Forks, ND 58206-6002  
701.780.3454  
Email: [prenatalclass@altru.org](mailto:prenatalclass@altru.org)



## **Baby and Me Tobacco Free**

(During Early Pregnancy)

Baby and Me Tobacco Free Program is a program offered to pregnant woman that are ND residents who currently smoke and smoked at least three months prior to becoming pregnant. The benefits for you and your baby will be discussed along with offering support to quit and stay quit. The program offers Vouchers totaling \$690 throughout the program for diapers for your choosing. Diaper Vouchers are given starting the 3rd trimester for woman who have quit smoking. Pregnant woman will need to enroll in the program during the first or second trimester, and will meet with one of our Tobacco Treatment Specialists. **To enroll in the program please call 701.795.2879 or email [babyandme@altru.org](mailto:babyandme@altru.org) to schedule your first appointment.**

# Mommy Care Basics

(During Pregnancy)

Pregnancy and post-partum are times of rapid and exciting changes in your body. Along with these changes, you may experience various aches, pains and muscle dysfunctions. Physical therapists provide information on how to deal with changes your body may experience in pregnancy. This class is for expectant mothers only. Topics covered:

- » Effects of pregnancy on your body
- » Exercise ideas and guidelines
- » Pain relief for body aches
- » Post-partum care for mom

Dress comfortably as class includes an exercise lab.

Mommy Care Basics is held on Thursdays from 5 - 6:30 p.m. at 1375 S. Columbia Rd on the following dates:

Jan 18  
Mar 21

May 9  
July 18

Sept 19  
Nov 7

# Baby Care Basics

(During Pregnancy)

The class will cover caring for your newborn from birth to six months. It is intended for the first time parent as well as for those who already have children. The following topics will be covered:

- » Newborn appearance
- » Newborn development
- » A hands-on bath/swaddling/diapering demonstration
- » Safe sleep environments

Baby Care Basics is held on Tuesdays from 6:30 - 9 p.m. at Altru Hospital Room A on the following dates:

Jan 16  
Feb 20  
Mar 19  
Apr 23

May 14  
June 18  
July 9  
Aug 6

Sept 10  
Nov 19  
Dec 10

# Breastfeeding Information

(During Pregnancy)

This class is offered to answer expectant parents' questions on breastfeeding. This class is taught by certified lactation counselors.

Topics covered:

- » The medical advantages of breastfeeding
- » Proper positioning and latching-on techniques
- » Breastfeeding tips for the first week of baby's life
- » Common questions and concerns
- » Breastmilk pumping and storage

Breastfeeding Information is held on Wednesdays from 6:30 - 8:30 p.m. at Altru Hospital Room A on the following dates:

Jan 31	Apr 24	July 24	Nov 13
Feb 28	May 22	Aug 7	Dec 4
Mar 27	June 19	Sept 18	

# Bringing Home Baby

(During Pregnancy)

Four out of five car seats are used incorrectly. Don't let yours be one of them! Using a car seat can be confusing and yet correct use is important to saving the life of a child in a crash. This class, taught by certified car seat technicians, will provide:

- » Basic car seat education
- » Hands-on practice
- » Assistance with installing your car seat in vehicle

**Locations:** Rydell Auto Center, 2700 South Washington Street, Grand Forks, ND (use front entrance on Washington St.)

Jan 11   5:30 - 7 p.m.	Feb 8   5:30 - 7 p.m.	July 11   5:30 - 7 p.m.
March 14   5:30 - 7 p.m.	March 26   5:30 - 7 p.m.	Aug 8   5:30 - 7 p.m.
April 11   5:30 - 7 p.m.	May 9   5:30 - 7 p.m.	Sept 12   5:30 - 7 p.m.
June 13   5:30 - 7 p.m.	June 25   5:30 - 7 p.m.	Sept 24   5:30 - 7 p.m.
		Oct 10   5:30 - 7 p.m.
		Nov 14   5:30 - 7 p.m.
		Dec 12   5:30 - 7 p.m.

**\*Please bring your car seat into class with you\***

# Childbirth Preparation and Comfort Measures

(During Pregnancy)

This class is designed to prepare couples for the childbirth experience. With education, you can feel more secure and prepared for one of the most memorable events of your life. The following topics will be covered:

- » Labor process
- » How your partner can help during labor
- » Video on childbirth
- » Medication & anesthesia options
- » Discussion on variations of labor & delivery
- » How to prepare for the birth experience
- » Typical hospital routine in labor & delivery
- » Intro to breathing and relaxation
- » Question and answer time
- » Massage + Aromatherapy
- » Positions for laboring
- » Breathing techniques
- » Relaxation

Childbirth Preparation and Comfort Measures is held on Mondays from 6 - 9 p.m. or Saturdays from 9 a.m. - 1 p.m. at Altru Hospital Room A on the following dates:

Jan 22

Feb 10

Feb 26

Mar 9

Mar 18

Apr 15

May 18

June 10

July 15

Aug 3

Aug 26

Sept 30

Nov 16

Dec 2

# Survival Skills for New Dads

(During Pregnancy)

Becoming new parents requires a commitment from both mom and dad. Survival Skills for New Dads enables fathers to “be prepared for anything” when the baby arrives and head in the right direction in forming a new family with mom. The class has veteran first-time fathers, with their babies, show the future dads the ropes. Class style is in a relaxed and open discussion format. Come back as “a vet” with your baby for the second class. Survival Skills addresses a broad range of issues:

- » Long work hours
- » Forming a parenting team
- » Safety
- » Preventing child abuse
- » Sexuality

Survival Skills is held from 9:30 a.m. to noon on Saturdays at Altru Hospital Room C on the following dates:

Jan 13  
May 4

Sept 28  
Nov 23

## Infant Massage (After Baby)

Babies are aware human beings who deserve respect, tenderness, warmth and above all, a listening heart. Increase your ability to communicate with your baby, strengthening the bond between the two of you through the use of infant massage techniques. Benefits include:

- » Enhances loving communication between caregiver and baby and nurtures parenting skills
- » Helps to strengthen and regulate baby’s digestive, respiratory and circulatory systems
- » Helps parents understand and respond appropriately to baby’s non-verbal clues
- » May help relieve baby’s gas and colic
- » Helps parents and baby relax and relieve stress
- » Teaches baby to be aware of body tensions and how to release them
- » Enhances parents’ sense of competence in dealing with fussy, sick and special need babies



Class is taught by Certified Infant Massage Instructors. Please bring an extra blanket for your baby.

Infant Massage is held two consecutive Tuesdays from 4:30 - 6 p.m., at Altru Hospital Room A on the following dates:

Feb 6 and 13  
April 9 and 16  
June 4 and 11

Sept 10 and 17  
Nov 5 and 12

## **Delivering at Altru Family Birthing Center**

*(NOT for first time parents)*

This class is designed to review delivering at Altru Family Birthing Center if you have had a delivery at a different location previously. With education you should feel more comfortable, supported, and prepared to deliver at Altru Family Birthing Center.

The following topics will be covered:

- » Tour of the Family Birthing Center
- » Typical hospital routine in labor & delivery
- » How to prepare for the birth experience
- » Medication and anesthesia options
- » Question and answer time

Feb 28  
Apr 24  
June 19  
July 24  
Sept 18  
Nov 13

# Two ways to register

## 1. Register via your MyChart account.

Visits>Schedule an appointment>Prenatal Class Registration.

## 2. Complete registration form. Mail completed form to the address listed.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Coach's E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Due Date: \_\_\_\_\_

Physician: \_\_\_\_\_

### Please select desired classes and indicate preferred date:

Baby Care Basics \_\_\_\_\_

Breastfeeding Information \_\_\_\_\_

Bringing Home Baby \_\_\_\_\_

Brand/model of car seat you are bringing with you to class (if available) \_\_\_\_\_

Childbirth Prep/Comfort Measures \_\_\_\_\_

Infant Massage \_\_\_\_\_

Mommy Care Basics \_\_\_\_\_

Survival Skills for New Dads \_\_\_\_\_

Please return this form to:

Altru Health System, Family Birthing Center  
Attn: Prenatal Education

P.O. Box 6002, Grand Forks, ND 58206-6002

Follow this link to Altru's Prenatal Education Videos: [altru.org/patient-](http://altru.org/patient-)

**SCAN ME**





P.O. Box 6002  
Grand Forks ND  
58206-6002