Introduction

Congratulations, you’re going to have a baby!
Altru Health System’s Family Birthing Center and Learning & Organizational Development offer a variety of classes. The enrollment fee of $20 allows you to attend all of the prenatal and new parent classes.

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. What Do We Eat and What Do We Feed Our Baby?
1-9 mos. Prenatal Yoga
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
6-9 mos. Comfort Measures for Childbirth
6-9 mos. Personal Predelivery Nurse Consultation
6-9 mos. Survival Skills for New Dads
6-9 mos. Family & Friends Infant CPR
6-9 mos. Grandparent Basics

**After Baby**

0-6 mos. What Do We Eat and What Do We Feed Our Baby?
0-12 mos. Breastfeeding: Tips for the Nursing Mom
0-12 mos. Introduction to Musical Parenting
1-7 mos. Dad’s return to New Dads Class
1-7 mos. Infant Massage

While this is the suggested time line, you are welcome to attend the classes at the time which best fits your individual needs.
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.

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. at the phone number listed on the registration form.

ATTENTION PARTICIPANTS: If you plan to attend our class and will need special facilities or assistance relating to a disability, please contact Learning & OD, 701.780.5179 or TDD# 701.780.5977, at least two weeks prior to the class. Financial assistance may be available.

For more information, our Learning & Organizational Development staff is happy to assist you:

Attn: Learning & Organizational Development
Altru Health System
P.O. Box 6002
Grand Forks, ND 58206-6002
701.780.5179

Cesarean Birth Packet

Altru Health System offers an informational packet on cesarean births to anyone who is interested. If you are interested in our Cesarean Birth Packet, please check the appropriate area on the registration form. A packet of information along with how you can check out a c-section video will be sent to you.

Other childbirth topic videos are available to check out from our Medical Library as well.
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 session 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 to schedule your first appointment.

What Do We Eat and What Do We Feed Our Baby?
(During Pregnancy or After Baby)

This class will help you understand how to get the nutrition you and your baby need to be healthy during and after pregnancy. It will cover proper nutrition during pregnancy and when you are breastfeeding and/or using formula. Then we will cover the when, why, what, and hows of giving your baby solid foods. With a few simple guidelines you will be able to feed your child and yourself what you need to help promote proper growth and development.

The following topics will be covered:
» Why eat healthy?
» How do I eat healthy?
» How much should I eat?
» Proper nutrition for mom and baby during breastfeeding and/or formula stage
» When to start solids
» Supplies needed to start solid foods
» What foods to feed your baby
» Signs of food allergies
» Different kinds of baby foods
» Healthy nutrition habits for the whole family

Classes will be held Tuesdays from 6-7:30pm in Altru Hospital meeting room A.
January 31, March 28, July 25, November 14
Prenatal Yoga
(During Pregnancy)

Prenatal yoga/stretching teaches participants ways to alleviate discomforts of pregnancy in a safe way while increasing balance and harmony. Weaving together traditional yogic science and childbirth knowledge, prenatal yoga will inspire courage, strength, peace, and awareness. Classes will include practice time and individual recommendations.

Dress comfortably as class includes exercise time.

Prenatal Yoga is held on two Mondays from 7-8 p.m. at the Fitness Center, Exercise Room, Lower Level of the Rehab building on the following dates:

- January 9 & 23
- March 13 & 27
- April 10 & 24
- June 12 & 26
- July 17 & 31
- September 18 & 25
- October 16 & 30
- December 4 & 18

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 5:30-7 p.m. at the East Banquet Room, 2nd floor of the Rehab building on the following dates:

- January 19
- March 16
- May 18
- July 20
- September 14
- November 16
Breastfeeding Information
(During Pregnancy)

This class is offered to answer expectant parents’ questions on breastfeeding. Topics covered:

» The medical advantages of breastfeeding
» Proper positioning and latching-on techniques
» Breastfeeding tips for the first week of baby’s life
» How fathers and grandparents can support mother and baby

Breastfeeding Information is held on Wednesdays from 7 p.m. - 8:30 p.m. at Altru Hospital Room A on the following dates:

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<tr>
<th>January 11</th>
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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 7 - 9:30 p.m. at Altru Hospital Room F on the following dates:

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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

*Please bring your car seat into class with you*

**Locations: 5 p.m. and 6 p.m.** Classes held at Rydell Auto Center – 2700 South Washington Street – Grand Forks, ND (use front entrance on Washington St.)

9 a.m., Noon and 4 p.m. Classes held at Altru Psychiatry Center, 860 South Columbia Road - Grand Forks, ND (use door B1-1 on south side of building)

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*Please bring your car seat into class with you*
Childbirth Preparation

(During Pregnancy)

This class is designed to prepare couples for the childbirth experience. With education, couples can feel more secure and prepared for one of the most memorable events of their lives. 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

Please dress comfortably as practice time will be included. Please bring 2 pillows with you to class.

Childbirth Preparation is held on Mondays/Tuesdays from 6:30 - 9 p.m. or Saturdays from 9 a.m. - 3 p.m. at Altru Hospital Room A on the following dates:

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<th>January 16 &amp; 17</th>
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<th>September 18 &amp; 19</th>
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Comfort Measures for Childbirth (During Pregnancy)

This class is designed to be taken in addition to the Childbirth Preparation class for those couples who desire more practice time on relaxation, breathing techniques and other comfort measure for labor. Emphasis will be placed on methods to support a non-medicated birth.

Topics covered include:

» Massage
» Positions for laboring
» Breathing techniques
» Relaxation
» Aromatherapy

Please dress comfortably as practice time will be included. Please bring 2 pillows with you to class.

Comfort Measures for Childbirth is held on Tuesdays from 6:30-8:30 p.m. at Altru Hospital, Room A on the following dates:

February 21  August 22
May 16       November 28

Personal Predelivery Consultation: Birth Planning Appointment (During Pregnancy)

(No charge for this appointment)

This appointment is an important step in your birth experience at Altru’s Family Birthing Center. You will meet with one of our experienced labor nurses who will discuss the common labor and delivery procedures with you and your partner. The nurse will review all of the forms needed for your hospital stay. You will have time to ask questions and address any special needs, requests, or preferences you may have regarding your upcoming delivery and hospital stay. Your care provider’s scheduler will assist you in scheduling this appointment which is encouraged around the seventh month of pregnancy (after 28 weeks) or you may call 701.780.3700 to schedule your appointment.
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. 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:

February 11        June 24        October 14
April 22           August 12      December 9

Family & Friends Infant CPR
(During and After Baby)

The Family & Friends course teaches participants how to perform CPR on infants and how to help a choking infant.

This class is on Thursdays from 6 - 7:30 p.m. on the following dates in Hospital room F:

Additional participants (besides mom and coach) can request a registration form by calling 701.780.5179. Cost to attend for additional participants is $5 per person.

January 26        May 11        October 5
February 2        June 1         October 19
February 23       June 22       November 9
March 2           July 13       December 7
April 6          August 17
April 20         September 7
Grandparent Basics  
*(During Pregnancy or After Baby)*

Have you heard how much has changed with infant care? Car seats, sleep sacks, and feeding recommendations are just the beginning. This class is designed for expectant and new grandparents. Come and learn what the latest recommendations are for infants from the American Academy of Pediatrics and other health & safety experts. Some of the topics to be covered include:

» Safety: car seats, babyproofing, sleeping environments  
» Role transition: Moving from parent to grandparent  
» Supporting the parents

Grandparent Basics is help Thursdays from 6:30 - 9 p.m. at Altru Psychiatry Center, 860 S. Columbia Rd (use door B1-1 on south side of building) the following dates:

- March 23  
- June 29  
- September 21  
- December 7

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**Breastfeeding: Tips for the Nursing Mom**  
*(After Baby)*

Breastfeeding is a natural, wonderful and sometimes challenging part of being a new mom. After the birth of your baby, you may have several questions about breastfeeding. This class will provide a venue for you to ask these questions to a certified lactation consultant. Sample discussion topics include:

» Proper latching and positioning  
» Overcoming obstacles such as engorgement  
» Care and diet of mom  
» How to know if baby is eating enough  
» Breastpumping  
» Other topics as requested

Baby is welcome to accompany mom. **Advance registration for this course is not required.** No charge for this class. Breastfeeding: Tips for the Mom is held on Mondays from 1:30 - 2:30 p.m. at Altru Hospital Room F on the following dates:

- January 9  
- February 13  
- March 13  
- April 10  
- May 15  
- June 12  
- July 10  
- August 14  
- September 11  
- October 16  
- November 13  
- December 11
**Introduction to Musical Parenting** (During Pregnancy and After Baby)

Music can be a unique parenting tool to use with infants and young children. This class provides numerous ideas for parents to use music to engage, calm, and communicate with their infants (age birth to 12 months). The following topics will be covered:

- The benefits of music in the home
- How to personalize musical activities for your infant
- Local resources to extend parents’ knowledge of musical activities

Dress comfortably and bring a blanket for your infant.

Musical Parenting is held on Thursdays from 6:30 - 7:30 p.m. in Altru Hospital room C on the following days:

- February 9
- June 8
- October 19

**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 F on the following dates:

- February 21 & 28
- June 6 & 13
- October 17 & 24
- April 18 & 25
- August 8 & 15
- December 5 & 12