

2020



PRENATAL
Education

Introduction

Congratulations, you're going to have a baby!

Altru Health System's Family Birthing Center offers a variety of classes. The enrollment fee of \$5 per class allows you to attend any 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. 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

After Baby

- 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 the Family Birthing Center, 701.780.3454 or TDD# 701.780.5977, at least two weeks prior to the class. Financial assistance may be available.

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



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. It is recommended you attend the Preparation for Childbirth class prior to this class, but not required.

Topics covered include:

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

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

Comfort Measures for Childbirth is held on Tuesdays from 6:30-9 p.m. at Altru Hospital, Room A on the following dates:

February 25

June 2

October 6

April 28

August 4

December 1

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.**

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:

January 16

May 21

September 17

March 19

July 16

November 19

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 F on the following dates:

January 14	May 26	September 29
February 11	June 16	October 20
March 10	July 7	November 17
March 31	July 28	December 8
April 14	August 18	
May 5	September 8	

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 F on the following dates:

January 8	May 6	September 2
January 29	May 27	September 30
February 19	June 17	October 14
March 11	July 8	November 18
April 1	July 29	December 9
April 22	August 19	

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 doctor's office will assist you in scheduling this appointment which is encouraged around the seventh month of pregnancy (after 28 weeks) or you may call 701.780.6900 to schedule your appointment. You may also schedule your appointment on-line under your MyChart tab.

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

January 9: 6-7:30 p.m.

January 28: 6-7:30 p.m.

February 13: 6-7:30 p.m.

February 29: 9-10:30 a.m.

March 12: 6-7:30 p.m.

March 24: 6-7:30 p.m.

April 9: 6-7:30 p.m.

April 18: 9-10:30 a.m.

May 14: 6-7:30 p.m.

May 26: 6-7:30 p.m.

June 11: 6-7:30 p.m.

June 27: 9-10:30 a.m.

July 9: 6-7:30 p.m.

July 28: 6-7:30 p.m.

August 13: 6-7:30 p.m.

August 29: 9-10:30 a.m.

September 10: 6-7:30 p.m.

September 22: 6-7:30 p.m.

October 8: 6-7:30 p.m.

October 17: 9-10:30 a.m.

November 12: 6-7:30 p.m.

November 24: 6-7:30 p.m.

December 10: 6-7:30 p.m.

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:

January 6 & 7	July 13 & 14
January 25	July 25
February 3 & 4	August 10 & 11
February 15	August 22
March 2 & 3	September 12
March 28	September 21 & 22
April 6 & 7	October 3
April 25	October 12 & 13
May 9	November 2 & 3
May 18 & 19	November 14
June 8 & 9	December 5
June 20	December 14 & 15

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:

January 18
March 7

May 2
July 11

September 26
November 7

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 Wednesdays from 6 - 7:30 p.m. on the following dates at 1300 S Columbia Rd, LC Conference Room, located on the lower level.

Additional participants (besides mom and coach) can request a registration form by calling 701.780.3454. Cost to attend for additional participants is \$5 per person.

January 15
February 12
March 25
April 29
May 20

June 24
July 15
August 5
September 23
October 28

November 4
December 2

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 18 & 25
April 21 & 28
June 2 & 9

September 15 & 22
November 3 & 10

Two way to register

Registration and fee must be paid prior to class to ensure your enrollment.

1. Register via your MyChart account. Visits>Schedule an appointment>Prenatal Class Registration.
2. Complete registration form. Mail completed form and payment to the address listed.

Name: _____

Date of Birth: _____

E-mail Address: _____

Coach's Name: _____

Coach's E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____

May we leave a voice message? Yes No

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 Preparation _____

Comfort Measure for Childbirth _____

Family & Friends Infant CPR _____

Infant Massage _____

Mommy Care Basics _____

Survival Skills for New Dads _____

Total (\$5/class) _____ (payment enclosed)

Please return this form **with payment** to:

Altru Health System, Family Birthing Center

Attn: Prenatal Education

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

Confirmation of class dates will be mailed upon receipt of your registration and payment.