

2021



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 > prenatal class registration) to register. If interested in a virtual class please email [prenatalclass@altru.org](mailto: prenatalclass@altru.org) for more information.

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 Consultation
- 6-9 mos. Survival Skills for New Dads

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.

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.

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



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 21	May 20	September 16
March 18	July 15	November 18

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:

January 5	June 1	September 28
February 2	June 29	October 26
March 9	July 13	November 23
March 30	August 10	December 7
May 4	August 31	

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:

January 6	May 12	September 15
January 27	June 2	October 6
February 17	June 23	October 20
March 10	July 14	November 17
March 31	August 11	December 8
April 21	September 1	

Personal Predelivery Consultation: Birth Planning Appointment *(During Pregnancy)*

(No charge for this appointment)

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 (click on Patients and Visitors and select "Expecting a Baby". Click on the Take a Virtual Tour in the green box). This will show you the layout of the Family Birthing Center and the Neonatal Intensive Care Unit.

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 14 | 6-7:30 p.m.
February 11 | 6-7:30 p.m.
February 27 | 9-10:30 a.m.
March 11 | 6-7:30 p.m.
April 8 | 6-7:30 p.m.
April 2 | 6-7:30 p.m.
May 13 | 6-7:30 p.m.
June 10 | 6-7:30 p.m.
June 26 | 9-10:30 a.m.

July 8 | 6-7:30 p.m.
August 12 | 6-7:30 p.m.
August 24 | 6-7:30 p.m.
September 9 | 6-7:30 p.m.
October 14 | 6-7:30 p.m.
October 30 | 9-10:30 a.m.
November 11 | 6-7:30 p.m.
December 9 | 6-7:30 p.m.

Please bring your car seat into class with you

Childbirth Preparation

(During Pregnancy)

This is a two part class. The first part is Childbirth Preparation and the second part is Comfort Measures. 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

Comfort Measures for Childbirth *(During Pregnancy)*

This is part two. The class is designed to be taken in addition to the Childbirth Preparation class focusing more on relaxation, breathing relaxation, breathing techniques and other comfort measure for labor. Topics covered include:

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

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

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

January 11 & 12
January 23
February 20
February 22 & 23
March 20
April 5 & 6
April 24
May 25 & 26
May 29
June 21 & 22

July 24
July 26 & 27
August 16 & 17
September 6 & 7
September 18
October 11 & 12
October 23
November 1 & 2
November 13
December 13 & 14

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 16
March 6

May 1
July 10

September 25
November 6

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:

February 9 & 16

April 13 & 20

June 8 & 15

September 14 (Room A) & September 21 (Room F)

November 9 (Room A) & November 16 (Room F)

Two way 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 Preparation _____

Comfort Measure for Childbirth _____

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



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