



Childbirth

Education Programs

Through December 2009

**Manchester Memorial Hospital
Rockville General Hospital**

ECHN[™]
Eastern Connecticut Health Network
The Communities' Choice[®] • www.echn.org



Welcome!

To help you prepare for the exciting adventures of pregnancy, childbirth, and parenting, ECHN invites you to take part in our wide variety of classes. Most are open to all prospective parents, whether or not you plan to deliver at one of our hospitals.

PRENATAL PROGRAMS For Parents

Fit for Delivery

Regular exercise improves posture, muscle tone, and energy level, alleviates many common pregnancy discomforts, and enhances your sense of well-being.

Our prenatal exercise program allows you to modify your workout according to your fitness level and trimester of pregnancy. Each class includes low-impact cardio, strength exercises, stretching, and relaxation techniques designed to help women cope more effectively with labor, birth, and postpartum.

- 2 | Join between weeks 12 and 28 of your pregnancy for maximum program benefit. Classes are taught by Certified Perinatal Fitness Specialists. You may participate until delivery in the absence of medical or obstetrical concerns. A note providing medical clearance is required. Call (860) 647-4790 for pre-registration information.

Site: **Court House Plus, Vernon**
Date: **Tuesday and Thursday**
Time: 6:30 - 7:45 p.m.
Fee: \$10 Registration fee / \$40 per month

Maternity Tours

The birthing centers at both hospitals offer free tours for expectant parents or anyone wanting more information about our maternity services. For more information, please call The Birthplace at Rockville General Hospital at (860) 872-5153 or The SBM Charitable Foundation Family Birthing Center at Manchester Memorial Hospital at (860) 647-4735.

Adults only, please.

Prepared Childbirth Education Series

Learn the essentials for the labor and birth of your baby in six weeks. Topics include: stages of labor, relaxation and breathing techniques, comfort measures, positioning for labor, partner's role, analgesia, anesthesia, Cesarean birth, postpartum adjustment, newborn care, and much more.* We recommend you complete these classes approximately 2-6 weeks before your due date. Classes limited to 8-10 couples.

* *Class includes Maternity Tour (see page 2) and Baby Care Class (see page 4).*

Site: **Rockville General Hospital**

Dates: **Mondays:** Jan 5 - Feb 9; Feb 23 - Mar 30; Apr 13 - Jun 1
(no session on 4/20 & 5/25); Jun 8 - Jul 27 (no session on 6/22 & 6/29);
Aug 10 - Sep 21 (no session on 9/7); Oct 5-Nov 9; Nov 23 - Dec 28

Time: 6:30 - 8:45 p.m.

Fee: \$100

Site: **Manchester Memorial Hospital**

Dates: **Tuesdays:** Jan 27 - Mar 17 (no session 2/3 & 2/10); Mar 31 - May 19
(no session 4/7 & 4/21); Jun 30 - Aug 4; Sep 1 - Oct 6; Oct 27 - Dec 1
Wednesdays: Jan 7 - Feb 18 (no session 1/14); Mar 4 - Apr 8;
May 6 - Jun 10; Jun 17 - Aug 5 (no session 6/24 & 7/1); Aug 12 - Sep 16;
Oct 7 - Nov 11; Dec 2 - Jan 13 (2010) (no session on 12/23)

Time: 6:30 - 8:45 p.m.

Fee: \$100

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Weekend Childbirth Education: No-Frills Option

Designed for expectant parents with tight schedules. This two-session series of classes includes the vital components to prepare you for labor and birth. *These classes do not include Maternity Tour (see page 2) or Baby Care Class (see page 4).*

Site: **Rockville General Hospital**

Dates: **Friday & Saturday:** Feb 27 & 28; May 15 & 16;
Jul 17 & 18; Sep 18 & 19; Dec 4 & 5

Times: Fri 6:00 - 9:00 p.m. & Sat 10:00 a.m. - 3:00 p.m.

Fee: \$85

Site: **Manchester Memorial Hospital**

Dates: **Friday & Saturday:** Jan 23 & 24; Apr 3 & 4;
Jun 12 & 13; Aug 21 & 22; Oct 23 & 24

Times: Fri 6:00 - 9:00 p.m. & Sat 10:00 a.m. - 3:00 p.m.

Fee: \$85



Childbirth Refresher Class

Designed for experienced parents about to share another birth, this class reviews the stages of labor, relaxation and breathing techniques, and comfort measures. The latest in maternity care, pain relief, and sibling concerns are also covered. (If this is a first birth for you or your partner, or if your last child was born over five years ago, you should register for one of the complete childbirth programs described on page 3.)

Site: **Rockville General Hospital**
Dates: **Thursday:** Feb 12; Jun 25; Nov 12
Time: 6:30 - 9:30 p.m.
Fee: \$35

Site: **Manchester Memorial Hospital**
Dates: **Thursday:** Apr 16; Sep 3
Time: 6:30 - 9:30 p.m.
Fee: \$35

Baby Care Class

For expectant parents who wish that babies came with an owner's manual, this class covers diapering, bathing, crying, safety, and many other details of newborn care. Hands-on instruction will ease you through the first days and nights at home with baby.

4 | Site: **SBM Charitable Foundation Family Birthing Center**
Dates: **Thursday:** Feb 5; Apr 9; Jun 4; Aug 6; Oct 1; Dec 10
Time: 6:30 - 9:00 p.m.
Fee: \$25 per couple; \$15 per couple if combined with the Weekend Childbirth Education class (see page 3)

Infant Care for Adoptive Parents

A two-hour class for those adopting a baby to learn about infant care, safety, and general parenting tips.

Site: **Manchester Memorial Hospital** or
Rockville General Hospital
Date: Scheduled on request.



Breastfeeding for the Pregnant Couple

This class explains the advantages of nursing, breastfeeding techniques and positions, breast milk expression and storage, ways to prevent common problems, handling the first few weeks at home, and more. Fathers and support persons are encouraged to attend. Taught by our Certified Lactation Consultants. Breastfeeding book provided with classes.

Site: **Rockville General Hospital**

Dates: **Wednesday:** Jan 21; Mar 4; May 20; Jul 8; Sep 23; Nov 18

Time: 6:30 - 8:30 p.m.

Fee: \$32 per couple

Site: **Manchester Memorial Hospital**

Dates: **Thursday:** Jan 8; Feb 12; Mar 26; May 7; Jun 18; Jul 30; Sep 10;
Oct 29; Dec 17

Time: 6:30 - 8:30 p.m.

Fee: \$32 per couple

Breastfeeding Private Consultations

Some women prefer to learn about breastfeeding one-on-one with a lactation consultant. These private sessions are especially helpful if you have twins or have had problems breastfeeding in the past. They're also beneficial for women returning to work or school who want guidance on pumping and storing their milk, and ensuring that they have an adequate supply. For more information, call our Certified Lactation Consultants at (860) 647-4790. \$75/hour.

Breastfeeding Support

Quality nursing staff is available 24 hours a day via the New Parent Warmline to answer questions on breastfeeding and newborn care. A full array of Medela breast pumps and products are available for purchase or to rent at competitive prices. Gift certificates are also available. Call The Birthplace at (860) 872-5153 or The SBM Charitable Foundation Family Birthing Center at (860) 647-4790 for more information.



The ECHN Birth Doula Programs

A birth doula is “a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during, and just after childbirth” (Klaus et al).

The **ECHN Preferred Doula Program** provides doula services to women who want or need additional support during their pregnancy, birth, and postpartum period. Interested women will be matched with specially trained and certified birth doulas. Call (860) 647-4790 for more information. Fee: \$500.

The **ECHN Mentor/Doula Program** provides ongoing nurturing services for pregnant women with maternal/fetal conditions that require specialized care. Eligible women must be planning to deliver at either Manchester Memorial Hospital or Rockville General Hospital. Eligible women will be matched with specially trained mentor/doula volunteers to support them during their pregnancy, birth, and postpartum period. This program is free to those who qualify. Call (860) 647-4790 for more information.

Newborn Massage

6 | Newborn massage is a special way to enhance bonding and attachment, and communicate to your baby that they are safe, loved, and understood. Designed with respect for the newborn’s unique physiological development, this massage will help ease baby’s transition from the womb to the outside environment. You will also learn to monitor baby’s time-out signals and offer appropriate comfort. Classes are offered prenatally, with practice time on dolls provided in class. Private postpartum classes with parents and baby are available upon request. Booklets and massage oil are provided to all families. Taught by a Licensed Massage Therapist with specialty certification.

Site: **Rockville General Hospital**
Dates: **Friday:** Jan 9; Jul 10
Time: 6:30 - 8:00 p.m.
Fee: \$25 per couple

Site: **Manchester Memorial Hospital**
Dates: **Friday:** Apr 17; Oct 16
Time: 6:30 - 8:00 p.m.
Fee: \$25 per couple

Private Consultations: \$50/hr



Just For You! Sibling Classes

A one-hour program for children ages 2-10 whose parents are expecting another baby. It helps older children understand their roles as big brothers and big sisters.

Site: **Rockville General Hospital**
Dates: **Sunday:** Jan 11; Mar 8; May 3; Jul 12; Sep 20; Nov 15
Time: 3:30 - 4:30 p.m.
Fee: \$12 per child

Site: **Manchester Memorial Hospital**
Dates: **Sunday:** Jan 4; Feb 8; Mar 29; Apr 26; Jun 7; Jul 19; Aug 30;
Oct 11; Nov 22
Time: 3:30 - 4:30 p.m.
Fee: \$12 per child

Infant, Child & Adult CPR for Parents and Home Daycare Providers

This is the American Heart Association's Friends & Family CPR program. It imparts the life-saving skills of both CPR and relief-choking for infants, children, and adults. A registered nurse, who is also a certified CPR educator, teaches the course.

Site: **Rockville General Hospital**
Dates: **Monday:** Jan 5; Feb 2; Mar 9; Apr 6; May 4; Jun 1; Jul 6; Aug 3;
Sep 14; Oct 5; Nov 2; Dec 7
Time: 6:00 - 9:30 p.m.
Fee: \$40 per person

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First Aid for Parents and Home Daycare Providers

This four-hour course, taught by a registered nurse, covers the uses of a first aid kit, handling of emergencies, and management of infectious diseases. When taken with the Infant, Child & Adult CPR for Parents and Home Daycare Providers class, it meets Connecticut requirements for home daycare providers.

Site: **Rockville General Hospital**
Dates: **Monday:** Jan 12; Mar 16; May 11; Jul 13; Sep 21; Nov 9
Time: 6:00 - 10:00 p.m. evenings
Fee: \$35 per person

POSTPARTUM PROGRAMS For Mom & Baby

Fit After Delivery

Designed with moms and babies in mind, this program will help you transition to a regular fitness routine. Classes begin with light aerobics. Major upper and lower body muscle groups are included in the strengthening and toning segment. Resistance tubing is used for upper body work. Participants will learn how to progress their abdominal exercises based on their birth recovery experience. Individual attention is offered to help achieve participants' goals. Babies 4-weeks old to 6-months old are welcome and included in class as appropriate. Enjoy the added benefit of meeting other moms and receiving parenting support! Taught by Certified Perinatal Fitness Specialists. Pre-registration required. Call (860) 647-4790 for details.

Site: **Court House Plus, Vernon**
Call (860) 649-0597 for sibling daycare information.

Dates: **8-Week Session Fridays:** Jan 9 - Feb 27; Mar 13 - May 8 (no session on 4/10);
May 22 - Jul 17 (no session on 7/3); Jul 31 - Sep 18; Oct 2 - Nov 20

4-Week Session Fridays: Jan 9 - Jan 30; Feb 6 - Feb 27; Mar 13 - Apr 3;
Apr 17 - May 8; May 22 - Jun 12; Jun 19 - Jul 17 (no session on 7/3);
Jul 31 - Aug 21; Aug 28 - Sep 18; Oct 2 - 23; Oct 29 - Nov 20

Time: 10:15 - 11:15 a.m.

Fee: \$48 per 8-week session
\$28 per 4-week session



New Parent Warmline

Parents of newborns often have questions about breastfeeding, caring for baby and mom, signs of illness, and much more. Experienced nurses are available at both hospitals 24 hours a day to answer your questions and offer support. Call The Birthplace at Rockville General Hospital at (860) 872-5331 or (860) 872-5153, or The SBM Charitable Foundation Family Birthing Center at Manchester Memorial Hospital at (860) 647-4735 or (860) 647-4748.

Infant Massage

Infant massage provides an opportunity for you and your baby to bond and develop relaxation skills that will last a lifetime. A variety of hands-on techniques to help calm and soothe your baby and enhance their growth and development will be taught in this 4-class series. Learn to read your baby's cues and increase your parenting confidence. Includes instruction book and massage oil. Appropriate for babies 6-8 weeks and older. Participation in our Newborn Massage class is beneficial, but not required. Taught by our Licensed Massage Therapist with specialty certification.

Site: **Rockville General Hospital**
Dates: **Wednesdays:** Mar 18 - Apr 8; Jul 22 - Aug 12;
Nov 18 - Dec 16 (no session on 11/25)
Time: 10:15 - 11:15 a.m.
Fee: \$45 (4 classes for mom and baby)
\$35 (4 classes for mom and baby who took Newborn Massage)

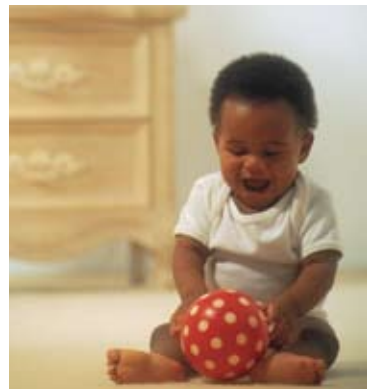
Site: **Manchester Memorial Hospital**
Dates: **Wednesdays:** Jan 21-Feb 11; May 27 - Jun 17; Sep 16 - Oct 7
Time: 10:15 - 11:15 a.m.
Fee: \$45 (4 classes for mom and baby)
\$35 (4 classes for mom and baby who took Newborn Massage)

Private consultations for couples or couples with twins available upon request. \$65/hr

The ECHN New Mother's Group

This informal group is designed to help new mothers, with infants up to 6-months old, adjust to parenting. It provides a supportive environment to explore different parenting options, get questions answered regarding infant feeding and behaviors, and meet other new mothers in the area.

Site: **SBM Charitable Foundation Family Birthing Center
at Manchester Memorial Hospital**
Date: Meets every Tuesday
Time: 10:00 - 11:00 a.m.
Fee: Free



OTHER IMPORTANT INFORMATION

Cancellation Policy

We will provide a full refund to registrants who have a medical reason for canceling the class. A \$10 registration fee per class will be retained for all other cancellation refunds. To receive a refund, you must notify the ECHN Perinatal Education office at (860) 647-4790 no later than 24 hours prior to the first class. No refunds will be given once the class begins.

Insurance Reimbursement

For reimbursement, insurance companies require proof of class attendance and payment. Please ask your instructor for a receipt on the last session of class or call ECHN Perinatal Education at (860) 647-4790.

In the Event of Inclement Weather

Expectant parents should not risk injury on slippery sidewalks or roads. In bad weather, every effort will be made to contact you at the phone numbers listed on your registration form. Also, a message will be left on the ECHN Perinatal Education phone line at (860) 647-4790. Your instructor will give you information, either in your next class or through a phone call, on make-up sessions.

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REGISTRATION FORM

Please complete the front and back of this registration form and submit to ECHN using one of the methods indicated below.

- MAIL** with payment to:
Perinatal Education Department, Eastern Connecticut Health Network
71 Haynes Street, Manchester, CT 06040.
- FAX** to (860) 647-6439 with credit card information and signature.
- PHONE** us at (860) 647-4790. Have your credit card # ready.
- EMAIL** registration and credit card information to ecrayton@echn.org.

Payment Method

Personal and financial information will be held in strict confidence.

- Check (payable to Eastern Connecticut Health Network)
- Credit Card (VISA, MasterCard, Discover or American Express)

Account No.: _____ Exp. Date: _____

Name as Appears on Card: _____

Signature of Card Holder: _____

Personal Information *(Please Print)*

Name of Expectant Mother: _____

Name of Father/Birth Partner: _____

Address: _____

City/State/Zip: _____

Home Phone: _____ Work or Cell Phone: _____

Email Address: _____

Registration is continued on the back.



Obstetrician's Name: _____ Due Date: _____

Hospital Where You Plan to Give Birth: _____

Names and Ages of Siblings (when registering for "Just for You! Sibling Classes"):

Program Selection

Note that class sizes are limited. For best choice of dates, please register for ALL of the classes you plan to attend early in your pregnancy. Dates may be subject to change. Fees are guaranteed through December 31, 2009. A confirmation letter will be mailed to you prior to your first class.

Name of Program(s)	Date/Time	Fee
1. _____	1st Choice _____	_____
	2nd Choice _____	
2. _____	1st Choice _____	_____
	2nd Choice _____	
3. _____	1st Choice _____	_____
	2nd Choice _____	
	Total Enclosed:	\$ _____



71 Haynes Street, Manchester, CT 06040
Perinatal Education Department: (860) 647-4790