

SAMPLE 4 COLOR CUSTOM

Front Cover



The Gift of Motherhood

*your personal journey
through prepared childbirth*



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Breakthroughs every day

Inside Front Cover

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CHILDBIRTH EDUCATION CLASSES

PREPARED CHILDBIRTH

New parents want to know what to expect from their upcoming labor, delivery and recovery from childbirth. This class helps expectant parents prepare for those experiences. Our childbirth educators focus on topics which include: breathing techniques, positioning, comfort measures, and anesthesia options. For your convenience, some hospitals offer options ranging from three-week to one-day classes. It is recommended that new parents take this course at least ten weeks prior to their due dates.

BREASTFEEDING

The benefits of breastfeeding are well established for both babies and their mothers. This class helps new mothers get started by teaching how to manage early feedings and get off to a successful start with breastfeeding. Participants learn about positioning, latch-on, normal breastfeeding behaviors of the newborn, milk supply, and other important topics. (Recommended during the last three months of pregnancy.)

CHILDBIRTH REFRESHER

Experienced parents often want an update or review of labor, delivery and recovery. This class provides a good review by offering topics including positioning, coping and comfort techniques as well as anesthesia options. (Recommended during the last two months of pregnancy.)

CPR FOR INFANTS

New parents hope it never happens, but they need to know what to do if their baby chokes. This class is designed to teach basic techniques used in the event of foreign airway obstruction in infants (choking). The standards set by the American Heart Association are followed. The class includes: video, lecture, mannequin practice sessions and demonstration.

NEWBORN CARE

New babies don't come with an owner's manual. This class can help new parents feel confident that they can care for their new babies. Some topics include: bathing, feeding, wrapping and caring for the umbilical cord.

SIBLING CLASS

A new baby is joining the family. Big brother or big sister needs to know about their new little family member and how they can help mom and dad. They learn to hold, diaper and wrap babies using dolls in the classroom. How siblings can help baby stay safe and healthy is discussed. Age appropriate video is shown. One or both parents need to attend.

DAD TO DADS

This class is a prenatal workshop just for new dads designed to meet the changing needs of today's dads and prepare them for their new role as a caregiver to their newborn and the new mom. They learn caregiver tools from a man's perspective. Some topics covered include: tips on caring for mom, for baby and for you; Baby Blues; SIDS; infant safety; and of course, hands-on experience with swaddling and diaper changing.

A Multiples Class is also available.

Some New Parent Classes are available in Spanish.



Childbirth Education Classes

are designed to help you prepare for your baby's birth and give you the knowledge and confidence to care for your infant at home.

Classes vary by facility. Call 713.222.CARE to register or for more information.

You can register for classes by calling 713.222.CARE or online at www.memorialhermann.org inside Calendar of Events.



**You want
things
to be just
right**

Expect the best in birthing and neonatal care.

More mothers trust Memorial Hermann to deliver comprehensive birthing care than anyone else in the Greater Houston area – and with good reason. Our citywide network of hospitals offers the comfort of spacious delivery rooms, private recovery rooms and family-centered care, close to home. We provide advanced care for premature newborns with special health needs. And high-risk pregnancies benefit from the expertise of our affiliated maternal-fetal medicine specialists from The University of Texas Health Science Center at Houston (UTHealth) Medical School. Plus our lactation experts can help ensure you and your baby get off to a healthy start. So if you're expecting, discover just how special your birthing experience can be with Memorial Hermann.

**To register for a tour or other new parent classes,
call 713.222.CARE or visit memorialhermann.org.**

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A Child is a Precious Gift

