



Lamaze Series: Childbirth Preparation/Post Labor Care

This "six-week series" class will teach participants breathing techniques, comfort measures during labor, progression of labor, nutrition, exercise, postpartum/ newborn procedures, breastfeeding and more. All classes are held from **7:00PM - 9:00PM** in the Sherman L. Balch Pavilion B Classroom. **Space is limited.**

Preregistration is required.

- Please bring two pillows and a blanket or mat on your first class.
- We suggest that you bring one coach to the class.
- Class enrollment will be confirmed once payment is received.
- 72-hour notice of cancellation required for refund or reschedule.

SERIES DATES for 2018

Series 1: Wednesday, January 17 - February 14

Series 2: Wednesday, March 21 - April 18

Series 3: Wednesday, May 16 - June 13

Series 4 : Wednesday, July 11 - August 8

Series 5 : Wednesday, September 19 - October 17

Series 6 : Wednesday, October 31 to November 28

Course Fee: FREE for patients delivering at St. Rose Hospital. For those that are not delivering at St. Rose Hospital: \$100

Get reminders for Classes and Events at:
<https://www.facebook.com/SylviasLactationOffice>

Breastfeeding Basics

Prepare yourself for the experience of breastfeeding your child. Breastfeeding Basics covers such topics as how to establish a supply of milk, how often to nurse your baby, and how to tell if your baby is getting enough milk. Common issues about latch-on techniques, jaundice, thrush and sore nipples will also be addressed. We recommend this class for interested women (in their third trimester of pregnancy) and spouses or partners. Classes will be held in the Sherman L. Balch Pavilion Classroom from 7:00pm – 9:00pm. This class is "Free" to anyone who wishes to attend and pre-registration is required.

Wednesday, January 31, 2018

Wednesday, April 4, 2018

Wednesday, May 30, 2018

Wednesday, July 25, 2018

Wednesday, October 3, 2018

Wednesday, November 21, 2018

Mommy & Me

A FREE support group for pregnant, new and experienced mothers plus their babies (Preschoolers Welcome). Bring your baby and meet other moms who are interested in sharing their experiences with birth and breastfeeding.

Meet-ups are scheduled from 10:00 am to 12:00 pm at St Rose Hospital's Skilled Nursing Facility.

January 15, 2018	June 1, 2018
February 7, 2018	July 2, 2018
March 5, 2018	August 3, 2018
April 6, 2018	October 5, 2018
May 7, 2018	November 5, 2018

2018 Class Schedule

Lamaze Breastfeeding Mommy & Me

For New and Experienced Mothers

Facilitated by:

Sylvia's Lactation Office

Sylvia J. Boyd, IBCLC, LCCE

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