

McLeod Maternity Education

2010 Schedule

See back of flyer for class descriptions & Frequently Asked Questions.

Schedule is subject to change. Registration is required. To register, please call

McLeod Reservations & Scheduling at

(843) 777-2005 or 1-800-667-2005

Night for Expectant Women

Thursday evenings (6:00 p.m. - 7:30 p.m.)

Jan. 7	Feb. 4	March 4	April 1	May 6	June 3
July 1	Aug. 5	Sept. 2	Oct. 7	Nov. 4	Dec. 2

Childbirth Preparation

Four- or five-week series or one-day class

TUESDAY NIGHT SERIES

(6:30 p.m. - 8:30 p.m.)

Jan. 5 - Feb. 2	March 23 - April 20
June 8 - July 6	Nov. 2 - Nov. 30

SATURDAY CLASSES

(8:30 a.m. - 4:30 p.m.)

Feb. 6	May 15
July 31	Nov. 13

WEDNESDAY NIGHT SERIES

(6:30 p.m. - 8:30 p.m.)

Jan. 6 - Feb. 3	Feb. 17 - March 17	March 31 - April 28	May 12 - June 9
June 23 - July 21	Aug. 4 - Sept. 1	Sept. 15 - Oct. 13	Oct. 27 - Nov. 24

Breastfeeding

Monday evenings (6:00 p.m. - 8:00 p.m.)

Jan. 4	Feb. 1	March 1	April 5
May 3	June 7	July 5	Aug. 2
Sept. 13	Oct. 4	Nov. 1	Dec. 6

Baby Care/Postpartum Care

Monday evenings (6:00 p.m. - 8:00 p.m.)

Jan. 11	Feb. 8	March 8	April 12
May 10	June 14	July 12	Aug. 9
Sept. 20	Oct. 11	Nov. 8	Dec. 13

Maternity Tour/Big Sibling Class

Monday evenings (6:00 p.m. - 7:00 p.m.) **Jan. & Feb. are maternity tours only. No Big Sibling Classes.

**Jan. 18.	**Feb. 15	March 15	April 19
May 17	June 21	July 19	Aug. 16
Sept. 27	Oct. 18	Nov. 15	Dec. 20

Family & Friends CPR Class**

Saturday mornings (9:00 a.m. - 12:30 p.m.) \$20/person. Please see note on reverse about registration.

Feb. 20	April 17	May 22
July 17	August 21	Nov. 20

*Class Descriptions

Night for Expectant Women

This class is designed for women in their first and second trimesters and covers a different topic each month. Expectant women can receive information while meeting other moms-to-be.

Childbirth Preparation

Attend one night a week for four or five weeks to learn about the stages of labor, breathing and positioning techniques, common interventions, pain management options, and more. The one-day Saturday Childbirth Preparation Class covers the same topics in a condensed format for busy parents or for experienced parents who would like a refresher.

Breastfeeding

Learn about positioning, milk production, breast care, storage guidelines and going back to work.

Baby Care/Postpartum Care

Learn the basics of diapering, bathing, feeding, and safety for baby's first six weeks, and postpartum care for mom.

Family and Friends CPR

This American Heart Association course is an inexpensive alternative to CPR certification courses. While it is not a certification course, it is excellent training for parents, grandparents and others who care for your child. **Please note: Because class sizes are small, you must pay the \$20 course fee BEFORE your place is reserved in the class. You may sign up by calling McLeod Reservations & Scheduling, but must bring, call, or mail in a payment before you can enroll in a specific class. For more information, please call the McLeod Resource Center at (843) 777 - 2890.**

Maternity Tour/Big Sibling Class

See the maternity facilities at McLeod before you deliver. While you are on the tour bring your other children to the Big Sibling Class, where they will participate in fun and age-appropriate activities in preparation for their new little sibling. (Big Sibling Class not required for maternity tour participation. Children under 14 not permitted on tour; children ages 3 to 11 permitted in Big Sibling Class.)

*** If you are planning to take all the classes offered, please call the McLeod Resource Center at (843) 777 - 2890 to learn about the Journey Program, which rewards those women who complete all classes. Registration is required.**

Maternity Education FAQs

How much do classes cost?

If you plan to deliver your baby at McLeod Regional Medical Center, all classes except Family & Friends CPR are free of charge. Family and Friends CPR costs \$20 per person. For those who plan to deliver elsewhere, classes range from \$35 for Childbirth Preparation to \$8 for the Big Sibling Class.

How do I register for classes?

Call McLeod Reservations and Scheduling at (843) 777 - 2005. If you have questions about any of the classes, please call (843) 777 - 2890. Your place for Family & Friends CPR will not be reserved until your class fee is paid to the McLeod Resource Center.

Should my partner come to the classes?

We encourage both parents to attend all the classes whenever possible. All classes address the concerns and responsibilities of both parents.

When should I begin taking classes?

We recommend that you begin taking classes early in your third trimester. If you are carrying multiples or your doctor has indicated you may be at risk for early labor or bedrest, you may want to take the classes earlier rather than later. Here is a general guideline:

Your Due Date: Begin Classes:

May	February-March
June	March-April
July	April-May
August	May-June
September	June-July
October	July-August
November	August-September
December	September-October
January	October-November

McLeod Health

The Choice for Medical Excellence