

McLeod Maternity Education 2019

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 (N.E.W.)

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

Jan 3 • Feb 7 • Mar 7 • Apr 4 • May 2 • June 6 • July 11 • Aug 1 • Sept 5 • Oct 3 • Nov 7 • Dec 5

Childbirth Preparation

Four / Five-week series or one-day class

Tuesday Night Series, 6:30 p.m. - 8:30 p.m.

Jan 8 – Feb 5 • Feb 19 – Mar 19 • Apr 2 – Apr 30 • May 14 – June 11 • Oct 1 – Oct 29

Wednesday Night Series, 6:30 p.m. - 8:30 p.m.

Feb 13 – Mar 13 • Mar 27 – Apr 24 • May 8 – June 5 • June 19 – July 17

July 31 – Aug 28 • Sept 11 – Oct 9 • Oct 23 – Nov 20

Saturday Classes

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

Feb 2 • May 4 • Aug 3 • Nov 2

Breastfeeding

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

Jan 7 • Feb 4 • Mar 4 • Apr 1 • May 6 • June 3 • July 8 • Aug 5 • Sept 9 • Oct 7 • Nov 4 • Dec 2

Baby Care/Postpartum Care

Monday evenings 6:00 pm. - 8:00 p.m.

Jan 14 • Feb 11 • Mar 11 • Apr 8 • May 13 • June 10 • July 15 • Aug 12 • Sept 16 • Oct 14 • Nov 11 • Dec 9

Maternity Tour

Monday evenings 6:00 p.m. - 7:00 p.m.

Jan 21 • Feb 18 • Mar 18 • Apr 15 • May 20 • June 17 • July 22 • Aug 19

Sept 23 • Oct 21 • Nov 18 • Dec 16

Saturday mornings 10:00 a.m. - 11:00 a.m.

Jan 12 • Feb 9 • Mar 9 • Apr 6 • May 11 • June 8 • July 13 • Aug 10 • Sept 14 • Oct 12 • Nov 9 • Dec 7

Family & Friends CPR Class

Saturday mornings 9:00 a.m. - 12:30 p.m. \$20/person.

Please see reverse for reservation information.

Feb 16 • Mar 16 • Apr 13 • May 18 • June 15 • July 20 • Aug 17 • Sept 21 • Oct 19

Safe Sleep Class

Thursday evenings, 5:30 p.m. Please see reverse for reservation information.

Jan 10 • Feb 14 • Mar 14 • Apr 11 • May 9 • June 13 • July 18 • Aug 8 • Sept 12 • Oct 10 • Nov 14 • Dec 12

Child Passenger Safety Class

Thursday evenings, 5:30 p.m. Please see reverse for reservation information.

Jan 17 • Feb 21 • Mar 21 • Apr 18 • May 16 • June 20 • July 25 • Aug 15 • Sept 19 • Oct 17 • Nov 21 • Dec 19

Class Descriptions

Night for Expectant Women

This class is designed for women to 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.

Child Passenger Safety Class

This class provides families with education on how to properly install the different car seats needed throughout their child life.

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

See the maternity facilities at McLeod before you deliver (children under 14 are not permitted on the tour).

Safe Sleep

This class provides families with education designed to decrease the risk of Sudden Infant Death Syndrome (SIDS) and accidental death of infants while sleeping. **Please note: Upon registration, a form will be sent to you which must be completed and sent back one week prior to class date.**

Maternity Education FAQ's

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 \$15 for the other classes.

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 if 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

Resource Center