

# McLeod Maternity Education 2020

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

## **Childbirth Preparation**

**Four / Five-week series or one-day class**

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

**Jan 7 – Feb 4 • Feb 18 – Mar 17 • Mar 31 – Apr 28 • May 12 – June 9 • Sept 29 – Oct 27**

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

**Feb 12 – Mar 11 • Mar 25 – Apr 22 • May 6 – June 3 • June 17 – July 15**

**July 29 – Aug 26 • Sept 9 – Oct 7 • Oct 21 – Nov 18**

## **Saturday Classes**

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

**Feb 1 • May 2 • Aug 1 • Nov 7**

## **Breastfeeding**

Monday evenings 5:00 p.m. - 7:00 p.m.

**Jan 6 • Feb 3 • Mar 2 • Apr 6 • May 4 • June 1 • July 13 • Aug 3 • Sept 14 • Oct 5 • Nov 2 • Dec 7**

## **Baby Care/Postpartum Care**

Monday evenings 5:00 pm. - 7:00 p.m.

**Jan 13 • Feb 10 • Mar 9 • Apr 20 • May 11 • June 8 • July 20 • Aug 10 • Sept 21 • Oct 12 • Nov 9 • Dec 14**

## **Maternity Tour**

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

**Jan 27 • Feb 24 • Mar 23 • Apr 27 • May 18 • June 22 • July 27 • Aug 24**

**Sept 28 • Oct 26 • Nov 23 • Dec 21**

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

**Jan 11 • Feb 8 • Mar 14 • Apr 4 • May 9 • June 13 • July 11 • Aug 8 • Sept 12 • Oct 10 • Nov 14 • Dec 5**

## **Family & Friends CPR Class**

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

Please see reverse for reservation information.

**Feb 22 • Mar 21 • Apr 18 • May 16 • June 20 • July 18 • Aug 15 • Sept 19 • Oct 17**

## **Safe Sleep Class**

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

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

## **Child Passenger Safety Class**

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

**Jan 30 • Feb 20 • Mar 19 • Apr 16 • May 21 • June 18 • July 16 • Aug 20 • Sept 17 • Oct 15 • Nov 19 • Dec 17**

## 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:

<b>Your Due Date:</b>	<b>Begin Classes:</b>
April	January - February
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
February	November - December
March	December - January

**McLeod**  

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**Resource Center**