

# McLeod Maternity Education 2023

## Night for Expectant Women (N.E.W.)

*McLeod Resource Center, 927 Day Street, Florence, SC, 29506*

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

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

## Childbirth Preparation Series

*McLeod Medical Plaza Auditorium, 800 E Cheves Street, Florence, SC 29506*

Wednesday Evenings, 6:30 p.m. - 8:30 p.m.

Feb 1 – Feb 22    March 8 – March 29    April 12 – May 3    May 24 – June 14  
June 28 – July 19    Aug 2 – Aug 23    Sept 6 – Sept 27    Oct 11 – Nov 1

## Childbirth Preparation One-Day Class

*McLeod Medical Plaza Auditorium, 800 E Cheves Street, Florence, SC 29506*

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

Jan 7 · April 1 · July 8 · Oct 7

## Breastfeeding Class

*McLeod Medical Plaza Auditorium, 800 E Cheves Street, Florence, SC 29506*

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

## Baby Care/Postpartum Care

*McLeod Medical Plaza Auditorium, 800 E Cheves Street, Florence, SC 29506*

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

Jan 16 · Feb 13 · Mar 13 · Apr 10 · May 1 · June 12 · July 10 · Aug 14 · Sept 11 · Oct 9 · Wed Nov 8 · Dec 11

## Maternity Tour

*All tours begin in the lobby of McLeod Pavilion East, 801 E Cheves Street, Florence, SC 29506*

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

Jan 26 · Feb 23 · Mar 23 · Apr 27 · May 25 · June 22 · July 27 · Aug 24 · Sept 28 · Oct 26 · Nov 23 · Dec 28

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

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

## Family & Friends CPR Class

*McLeod Medical Plaza Auditorium, 800 E Cheves Street, Florence, SC 29506*

Saturday mornings 9:00 a.m. - 12:30 p.m.

Jan 21 · Feb 18 · Mar 11 · Apr 15 · May 20 · June 17 · July 15 · Aug 19 · Sept 16 · Oct 21 · Nov 18 · Dec 16

## Safe Sleep Class

*McLeod Medical Plaza Classroom A, 800 E Cheves Street, Florence, SC 29506*

Thursday evenings, 5:30 p.m.

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

## Child Passenger Safety Class

*McLeod Medical Plaza Classroom A, 800 E Cheves Street, Florence, SC 29506*

Thursday evenings, 5:30 p.m.

Jan 26 · Feb 16 · Mar 16 · Apr 20 · May 18 · June 15 · July 20 · Aug 17 · Sept 21 · Oct 19 · Nov 16 · Dec 7

## 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 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: Each participant must register separately.***

### 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.

## Maternity Education FAQs

### ***How much do classes cost?***

All classes are free of charge.

### ***How do I register for classes?***

Call McLeod Reservations and Scheduling at 843-777-2005 or 1-800-667-2005. 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.

Please keep in mind that the schedule is subject to change.

### ***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

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