

## Childbirth & Parent Education Programs 2015



Pre-registration is required for each class. Class size is limited and the classes fill quickly. To register for a class -- or for more info -- call toll-free 1-877-411-2762 anytime. You will receive a confirmation indicating the location and time of your class. Dates subject to change. Confirm correct date at registration.

McLaren Bay Region's  
Family BirthPlace Mobile Phone  
App Makes 21st-century Parenting  
Possible!



B-06 (11/14)



BAY REGION  
1900 Columbus Ave.  
Bay City, MI 48708

# 2015 Childbirth & Parent Education Programs



Childbirth Trilogy  
3-Week Mini Series

Childbirth  
Weekend  
Cram Session

Baby Night  
Bonus Class

Boot Camp for  
Grandparents

Daddy Boot Camp

Breastfeeding Class

Sibling Prep Class

Infant/Child CPR &  
First Aid



[mclaren.org/bayregion](http://mclaren.org/bayregion)

### **Childbirth & Parent Education Programs 2015**

Prenatal Class Offerings for expectant mothers and their support person(s).

### **Childbirth Class Trilogy - Option 1: \$45**

The Trilogy is a 3-Night Mini Series covering labor and birth, various coping strategies, including natural and medication options. Attendees will also learn about Cesarean birth, Postpartum and receive a tour of McLaren's Family BirthPlace.

### **Childbirth Weekend Cram Session - Option 2: \$45**

(Friday evening and 6 hours on Saturday.) Same content as the 3-Night Mini Series described above. Medicaid covers the cost of both options.

### **"Build-a-Series" Option**

Add the following 3 classes for a reduced total cost:

#### **#1 Baby Night Bonus - \$15**

Includes info on baby care basics, hospital routine, fussy babies and infant safety. A certified infant carseat safety technician will be available for Q&A.  
**2015 Dates: (6:30-9 p.m.): Feb. 10, April 7, May 13, June 23, Aug. 11, Sept. 30; Nov. 17**

#### **#2 Breastfeeding**

**3 hours - One night**

**Fee: \$25 (\$20 if taken along with Option 1 or 2)**

Provides information on:

- Benefits & getting started
- Proper positioning/latching on
- Troubleshooting tips
- Feeding patterns in infants
- Pumping and storing breast milk
- Back-to-work routine

**2015 Class Dates (6-9 p.m.): Jan. 7, Feb. 23, April 1, May 27, July 7, Aug. 26, Oct. 7, Nov. 24**

*All classes in this column meet at the Health Pavilion 3175 W. Pavilion Drive, McLaren Bay Region-West Campus.*

### **#3 Infant/Child CPR & First Aid Class**

**3 hours \$20/person**

For parents wishing to learn these skills. Format taken from infant/child section of "Family & Friends Curriculum" with the addition of safety & commonly used first aid techniques.

#### **2015 Class Dates (6-9 p.m.)**

March 9, June 30, Sept. 29, Dec. 7

*This class is held at the Lincoln Center, 820 S. Lincoln St., Bay City.*

Sign up for any combination of these classes or just stick with the basics -- whatever works best for you!

*Package Deal: Attend all 4 Classes (Option 1 or 2 and all 3 Build-a-Series options) for a reduced cost of \$105 (that's \$15 off!). To receive this discount, you must register for all 4 classes and pay for them together as a package.*

*PLEASE NOTE: If you have Medicaid Insurance, there is no charge for the Options 1 or 2 or for the Baby Night Bonus Class.*

### **ADDITIONAL CLASSES**

*Special Requests: If you need a class focusing on Cesarean Birth or just a labor refresher, call toll-free 1-877-411-2762 anytime to schedule. One night - \$15.*

#### **•Baby Class for BIG KIDS**

**(Sibling preparation)**

**\$10/family**

A 1-1/2 hour class geared toward children ages 3-8 who are expecting a new baby at home. In this class, children will:

- Receive information about newborns
- Talk about being a new big brother or sister
- Class includes a puppet show, hands-on with dolls, craft, snack, and a tour of the Family BirthPlace

**2015 Class Dates (6-7:30 p.m.)**

**Feb. 16, April 14; June 16, Sept. 8, Nov. 30**

*Class held at the Orlen B. Johnson Health Science Library, McLaren Bay Region.*

### **•Boot Camp for New Dads**

**3 hours - No Fee**

For expectant and new fathers -- taught by fathers.

The class will cover:

- Baby care
- Fatherhood
- Needs of new mothers
- Forming a new family
- Changing role of fathers

**2015 Class Dates (6-9 p.m.)**

**Jan. 22, March 26, May 28; July 30; Sept. 24, Nov. 19.** *Class held at the Health Pavilion.*

*Funded by McLaren Bay Medical Foundation*

### **•Boot Camp for Grandparents**

**\$20 per person or \$25 per grandparent couple**

- Learn the latest research on baby basics, such as safety, sleep and feedings.
- Learn ways you can protect your grandchild
- Class includes Infant/Child CPR & First Aid.

*This class is supported by McLaren Bay Medical Foundation.*

**2015 Class Dates (6-9 p.m.): Feb. 11, May 5, August 25; Nov. 3.** *Class held at the Lincoln Center.*



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