Breastfeeding Support Group

Open to any breastfeeding mothers and babies in our service area. Led by a certified lactation consultant.

2nd Wednesday of Month, **10-11:30 a.m.**
at Shawano Medical Center, room 282

4th Wednesday of Month, **10-11:30 a.m.**
at Shawano Medical Center, room 282

Mom/Baby Massage

Patients delivering at Shawano Medical Center will receive a complimentary mom/baby massage during their hospitalization.

Car Seat Safety Checks

A safety check of your baby's car seat is encouraged to ensure your baby is properly secured for every car ride.

To make an appointment for a free car seat safety check call (715) 526-4808.

Family Birth Center
at Shawano Medical Center

Shawano
MEDICAL CENTER

309 N. Bartlett Street
Shawano, WI 54166
(715) 526-2111 or
(800) 743-2924
www.thedacare.org

To register for classes
call (715) 526-7184
or (800) 743-2924, ext. 7184
or email Mary at
mary.alexander@thedacare.org

Family Birth Center at Shawano Medical Center

CLASSES FOR PARENTS

Offsprings 2014

Individualized Care | Certified Lactation Consultant

Shawano
MEDICAL CENTER

Offsprings are classes for new parents

These classes are an "offshoot" of Shawano Medical Center's Family Birth Center taught by members of our nursing staff.

Cost

Childbirth Preparation is $50. The Refresher Class is $25. If you take Childbirth Preparation or the Refresher classes, then the Breastfeeding and Child Care classes are free! (Otherwise they are $25 each)

Register

Call **(715) 526-7184** or **(800) 743-2924**, extension 7184, preferably on Monday, Wednesday and Friday mornings or email Mary at mary.alexander@ thedacare.org. If class times will not work for your schedule, please contact the Family Birth Center.

Family Birth Center at Shawano Medical Center

CLASSES FOR PARENTS

Offsprings 2014

Childbirth Preparation Class

Childbirth preparation helps you and your coach have an active role in the birth of your baby, confident, well-informed and in control.

Five 2-hour classes, take about 6-8 weeks before your delivery date.

Thursday evenings, **7-9 p.m.**
at Shawano Medical Center

January 2 - January 30
February 27 - March 27
May 1 - May 29
June 26 - July 31
August 28 - September 25
October 23 - November 20

- Get ready for the delivery of your baby!
- Relaxation and breathing
- What to expect in labor and delivery
- What to expect in the hospital/OB tour
- Create your own birth plan
- Preparing for a C-section

Weekend Express
Childbirth Preparation Class

Shortened childbirth preparation class for those **unable** to attend the 5-week class.

Two Saturdays, 1:30-5 p.m.
at Shawano Medical Center

February 15 and 22
March 29 and April 5
June 21 and 28
August 16 and 23
October 18 and 25
December 6 and 13

eLearning Childbirth Education - Gift of Motherhood

Conflicting schedules, traveling challenges or bed rest may prevent you from attending a conventional childbirth education class. This web-based childbirth eLearning allows you to learn at your own pace from the convenience of your home. Includes animated illustrations, videos, voice-overs and games. After payment you will receive a special code and book. Program is good for 90 days beginning with your first log in. Fee: $60

Childbirth Refresher Class

A nice review of labor, delivery and breathing exercises for couples who have previously taken childbirth classes within the past three years.

Two 2.5-hour classes, take about one month before your delivery date.

Thursday evenings, **7-9:30 p.m.**
at Shawano Medical Center

January 16 and 23
March 13 and 20
May 15 and 22
July 17 and 24
September 11 and 18
November 6 and 13

Breastfeeding Class

One 2.5-hour class, take this class at any time during your pregnancy if you plan to nurse your baby or if you are undecided about whether to breast- or bottle-feed. Taught by a certified lactation consultant.

Thursday evenings, **6:30-9 p.m.**
at Shawano Medical Center

February 6
April 3
June 5
August 7
October 2
December 4

- How to make breastfeeding a positive experience for you and your baby
- Your options when returning to work

Child Care Class

One 3-hour class, take this later in your pregnancy.

Thursday evenings, **6:30-9:30 p.m.**
at Shawano Medical Center

February 13
April 10
June 12
August 14
October 9
December 11

- How to prepare for your newborn!
- Basic baby care
- Possible problems and how to cope
- Supplies you'll need
- Bottlefeeding
- Car seat use