THEDACARE™
ON CALL

Free nurse consultation available seven days a week to assist you in the home management of minor illnesses and injuries or to help you find a physician.

For more information call ThedaCare On Call™ at (920) 830-6877 or 1-800-236-2236.

PS0000 Rev 6/12 ThedaCare Print Center

2012 Prenatal Classes & New Baby Support

Family Birth Center at

RIVERSIDE MEDICAL CENTER

Prenatal Classes

Registration is necessary for all classes.
To Register, call 715-258-1119.
Payment is due at first class.

Special arrangements can be made with instructor for any financial difficulties. Classes have a minimum and maximum number of participants. **Register early!**

New Baby Support

*We meet at the **First United Methodist Church**. Parking is readily available and access is easy for strollers. (Located 1 block north of Riverside Medical Center, on 8th and Park St.) Meetings may be canceled in severe weather – Listen to WDUX for cancellations.

For more information, please call Sandy Testin at (715) 258-1076 or Family Birth Center at Riverside Medical Center at (715) 258-1078.

Prenatal Classes

Childbirth Preparation Class

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

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

6:30-8:30 p.m. at Riverside Medical Center. Fee: $40

July 9, 16, 23, 30 (Mondays)

September 6, 13, 20, 27 (Thursdays)

October 25, November 1, 8, 15 (Thursdays)

Refresher Class

Parents who have attended prenatal classes with past pregnancies are welcome to attend any part of the four-week series or join the Tour/Breath/Relax Class.

Fee: $25

Tour/Breathe/Relax Class

Two-hour condensed class, perfect as a refresher, for those who have viewed the web-based class, or for those with limited time. Instructor will schedule with couples – register early so instructor can contact you about dates.

Fee: $25

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. To register for this class, call ThedaCare On Call at 800-236-2236 or 920-830-6877. You can also log on at www.thedacare.org/childbirth. Fee: $60

Breastfeeding Class

6:30-8:30 p.m., Fee: $20

August 6 (Monday)

October 2 (Tuesday)

November 27 (Tuesday)

New Baby Support

Riverside Medical Center sponsors a New Baby Support Group that meets twice each month, with varied topics related to your baby's health and development.

A group for parents to share experiences and concerns in dealing with the many changes a new baby brings into our lives. A registered nurse facilitates meetings and is available to weigh your infant and answer questions. Babies and toddlers are, of course, welcome! Sponsored by Riverside Medical Center. **No cost to attend.**

Upcoming Meetings

9:30 a.m. at the First United Methodist Church*, No Fee
No registration necessary

Thursday, July 5
Babies and Sleep

Thursday, August 2
Preparing to Return to School or Work

Thursday, September 6
Intimacy and Motherhood?

Thursday, September 20
Watching Those Pennies
(bring your best money saving tips)

Thursday, October 4
Starting Solid Foods

Thursday, October 18
Surviving Cold and Flu Season

Thursday, November 1
Baby Carrying

Thursday, November 15
Making the most of the Holidays

Thursday, December 6
All I want for Christmas...
(Share ideas and products for making life easier with baby or to give as gifts)